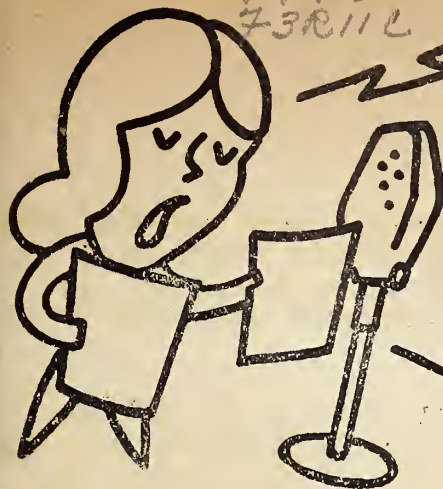


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U. S. DEPARTMENT OF AGRICULTURE

Radio Round-up on food...

A Service --
For Directors of Women's Radio Programs

5 S. Wabash Ave., Chicago, Ill.
April 3, 1943 - No. 43

HOW DO YOU FEEL ABOUT THE FOOD SITUATION?

Do you believe your neighbors have hoarded food? Do you believe they'll try to get around food rationing? Do you feel you're not being allowed enough food under rationing? Those are questions asked a representative group of American housewives in a recent survey. It was found that a considerable proportion of them do believe those things, and if that is true, it seems logical to assume that these people are likely prospects for black markets.

You broadcasters can give important information as to what black markets are, and this knowledge may play a big part in the campaign to stamp them out. Here are some facts which you may like to use in your broadcasts:

Black Markets are not confined to meat alone; meat is the most vicious, but the neighborhood grocer as well as the butcher is running a black market if he violates rationing rules.

Black Markets are not dirty little stores tucked away in side streets; the grocer who gives an extra can of fruit juice, or an extra quarter-pound of butter is running a black market.

The retailer who operates entirely within the law is likely to hear nothing but complaints. Any food retailer is under constant pressure from his customers to operate illegally. Make food-shoppers realize that they must not ask for favors. Prejudice the public in favor of the man who lives up to the regulations.

These new saboteurs, the Black Marketeers, have expanded their operations as our shortages have grown. Tell your listeners that sometimes, indeed, the growing stocks in the Black Markets have caused the shortages.

Black Markets exist before our very eyes. Everyone should realize this, and should be taught to recognize them.

US Department of Agriculture
Food Distribution Administration

THE NEW POINT VALUES

The announcement of new point values on some processed foods contained good news for many people. The removal of all dried and dehydrated fruits and of apple juice from the ration list should be a real help to the homemaker. So should be the reduction in point values of fruit and vegetable juices and dehydrated soups.

Prunes are a popular breakfast fruit, as well as a dessert, and they may now appear more frequently at all meals. Raisins are a nutritious and delicious addition to many favorite recipes, and the homemaker will be glad to have them back on the list of unrationed fruits. Apple juice is a refreshing drink, and a fine addition to the shelf of emergency foods, since it can take the place of the morning orange or grapefruit juice on occasion. Fruit and vegetable juices were lowered all along the line, and this will help the family which likes a glass of one or the other as a dinner appetizer.

The point value of dried and dehydrated soups has been reduced exactly one-half, and this is good news to the busy homemaker, who has found these soups a welcome short-cut in meal planning.

The items which have been given higher point values for April were those which sold in March at a rate faster than the supply situation could support under rationing. In the main, the values originally established worked out successfully, OPA states, and the changes which have been made are intended to iron out the inequalities that were shown to be present. The flexibility which is one of the chief recommendations of the point system of rationing, will be employed in the future as often as necessary to keep consumer demand in step with the supply situation.

FARM PLANS FOR '43

In the words of Secretary Wickard, the March 19th report of the Crop Reporting Board on prospective plantings for 1943 "contains some of the most gratifying news the country has had in a long time". Mr. Wickard went on to say that the prospective increases over last year's record highs are a tribute to the determination of our farmers to see that they make the greatest possible contribution to victory.

The dinner table will benefit by many of the scheduled increases. Here are some of the figures:

Potatoes: The estimated increase in potato acreage for 1943 over 1942 is 13.6 percent.

Sweet Potatoes: Growers' intentions are to increase sweet potato acreage 14.8 percent over 1942.

Dry Beans: An even larger increase of this important crop is planned. The prospective acreage for 1943 is 16.2 percent above 1942.

Dry Peas: The estimated increase for dry peas amounts to the considerable figure of 35.1 percent...1/3 more than in 1942.

Peanuts: The acreage planted in 1943 is expected to show an increase of 12.5 percent over the acreage planted last spring, not including that inter-planted with other crops. It is the largest acreage of peanuts on record.

Smokers will be interested in the prospective planting of tobacco; the report indicates that 1.6 percent more of all types will be planted this spring than last year.

Increases are expected on several other important crops, such as corn, all spring wheat, flaxseed, all sorghums, and soybeans.

PLANS FOR PRESERVING

Tell your listeners that the home canning situation looks more favorable than it did a while ago...WPB is making every effort to assure plenty of glass jars, rubber rings and covers to seal those jars, and a doubled supply of pressure cookers, which are needed to process such non-acid vegetables as beans and corn. A recent order released enough metal to permit manufacture of more than 3 billion new lids. It's estimated that more than 2 billion old covers which can be used over are in consumers' hands already, and these will need only new jar rings.

As for the glass jars, there will be plenty. Most thrifty homemakers save jars anyway, and as many commercially packed foods are now appearing in glass instead of tin, there'll be more to save in 1943. At least 500 million jars expressly for home canning are expected to be produced this year, which is twice as many as we had in 1942.

Pressure cookers will be in great demand this year, and 150,000 are to be made...twice as many as last year. As you doubtless know, direct war needs have taken the critical steel that goes into the manufacture of pressure cookers. The new ones, holding 7 one-quart jars, will be made according to the standard, pre-war design, so that new dies will not be necessary. A plan of distribution is being worked out by USDA and will be announced ahead of the time the cookers will be available. During the next few weeks, women who are intending to "put up" the products of their Victory Gardens might well make their plans for next summer's preserving.

KOSHER MEAT POINT VALUES

A list of the point values of Kosher meats, containing 78 different items, will be found in all Kosher meat stores, according to a recent OPA announcement. The difference between the standard table of consumer point values and the Kosher table represents differences in meat cuts.

There are five main classifications...beef, veal, lamb, sausage and ready-to-eat meats, including variety meats. Values range from 1 to 9 points per pound. Of the 78 items listed, only two have a point value of 9 points...dry sausage (such as Salami), and boneless shoulder veal or clod. Slightly more than one-fifth of the items on this list have a 6 point value. Approximately another one-fifth consists of 7 point and 8 point items combined.

Ready-to-eat meats are represented on the Kosher list by corned beef and tongues, at 8 points each, and pastrami at 7 points. According to the instructions on this list, the point value of any other ready-to-eat meat shall be determined by adding 2 points per pound to the point value of the uncooked meat from which it is prepared; if the meat is both cooked and sliced, 3 points per pound shall be added.

A BREAK FOR THE CIVILIAN CONSUMER

Here's good news...USDA has announced that the Food Distribution Administration will soon release more than two million cases of canned fruits and vegetables to augment civilian supplies. This means about 48 million cans of ordinary size, which will increase the number of cans each of us will get by about three. These stocks, most of them purchased from the 1941 pack, have been held to meet emergency war needs. The main items on the list of released foods are canned tomatoes, pears, plums, apples and peaches, with smaller quantities of other foods. The plan under which they will be resold into commercial channels will be announced soon.

At the same time, the transfer of about 12 million cases (288 million cans) of canned fruits, vegetables and juices, principally corn and peas, from the Army to FDA was announced. These supplies will be held for release later, in meeting any emergency food situations, either for civilian use or for the armed forces.

WHAT'S IN A NAME?

Don't say "meatlegger"! That's the request of the manager of the Campaign Against Black Markets. He points out that this name for the dealer in illegal meat has too close a connection with the name "bootlegger" applied to the dealer in illegal liquor, during prohibition days. To many, the bootlegger was a friend...the man who helped him to get the liquor he wanted. We don't want anybody to feel that the man who handles illegal meat is a good man to know...because he's no friend to anybody. If the bootleg liquor was no good and made a man sick, the rest of the family was not badly affected. If the meat bought in a black market is bad, however, the whole family will be affected. Even if the meat is good, but is priced exorbitantly, the higher cost of meat sold in this way will mean that many families cannot get the meat they need.

You radio people can do a lot to help in the fight against black markets by eliminating the word associated with bootleggers.

FOOD DISTRIBUTION ORDER NO. 42 - FATS & OILS --

FOOD DISTRIBUTION ORDER NO. 43 - TROPICAL OILS

More definite exemption of food and industrial products needed by the army, navy, and other war agencies from quotas on fats and oils is the major new provision of Food Distribution Order No. 42, which Secretary Wickard has issued to replace WPB Order M-71. The Order, effective April 1, is designed to conserve the limited supplies of fats and oils for the most essential military and civilian needs by controlling their distribution and limiting their use.

Food Distribution Order No. 43 transfers from WPB to the FDA the control of the use and processing of several tropical oils needed for war purposes. The Order was effective April 1, and continues the restrictions which the WPB imposed early in 1942 on babassu, palm kernel, and other high lauric acid oils.

FOOD DISTRIBUTION ORDER NO. 44 - CANNED FISH

The amount of canned fish available to civilians from the 1943 pack should be somewhat larger than from last year's pack, since government requirements are being adjusted to secure a more equitable distribution between government and civilian needs, under Food Distribution Order No. 44. Government requirements

for canned salmon, pilchards, mackerel, and Atlantic sea herring were reduced to 55% of a canner's pack for the period April 1, 1943 through February 29, 1944, compared to 60% for salmon in previous months, and 80% for pilchards, mackerel and Atlantic sea herring.

The Order placed for the first time government reservations on canned shrimp and horse mackerel, 55% of which must be set aside between April 1, 1943 and February 29, 1944, and on canned tuna, bonito and yellowtail, 60% of which must be set aside.

1943 canned fish available to civilians under the Order are estimated as: salmon, 130 million pounds; pilchards, 81 million; Atlantic sea herring, including sardines, 29 million; tuna, bonito and yellowtail, 21 million; shrimp, 6 million, and smaller quantities of other varieties.

FOOD DISTRIBUTION ORDER NO. 45 - DRY BEANS AND PEAS

Food Distribution Order No. 45, effective April 1, reserves 55% of the supplies of dry edible beans and 60% of dry peas and split-peas, of certain classes, in the hands of "processors" or "first owners". The purpose of the Order is to assure necessary supplies for military and allied needs. Civilian per capita consumption during the 1942-43 marketing season will total about 8 pounds of dry beans, or 90% of average consumption, and nearly one pound of dry peas, or about 75% of average consumption. For dry beans this means approximately one pound more per capita than was indicated when beans and peas were put on the ration list. Imports made this increase possible. The quantity of dry peas available for civilian use remains unchanged.

Seed beans and peas sold exclusively for seed purposes in compliance with federal and state seed laws are not affected if sold and delivered not later than June 30, 1943.

BIRD'S-EYE VIEW OF LOCAL FRESH FOOD SITUATION

What fresh fruits and vegetables are now available on the market in plentiful supplies? That's the big question in the minds of consumers who have a limited number of points to spend for food. Although this is the time of the year when supplies of most fresh vegetables are lightest on the market, fresh bunched carrots from California, Arizona and Texas have been unusually abundant the past few weeks and continue plentiful. Prices have declined steadily, and homemakers were able to buy carrots in some of the larger markets late last week for a nickel a bunch. Western grown head lettuce and celery continue fairly plentiful...and more fresh bunched beets and spinach were offered at most markets. Increased quantities of fresh asparagus are now coming from California, and prices of asparagus are sharply lower than a week ago.

Potatoes and onions are expected to be in very light supply during coming weeks. New Bermuda onions from Texas will arrive soon but supplies of these will be light.

Fruits in heaviest supply are grapefruit, oranges and apples. The mid-western grown apples -- particularly those from Michigan -- are the most attractively priced.

FOOD GOES TO WAR

Foodstuffs purchased by FDA during February in Illinois, Wisconsin, Indiana, Michigan and Ohio for our fighting allies -- a large part of which were for Russian military requirements -- included $45\frac{1}{2}$ million pounds of pork meat products, $4\frac{1}{2}$ million pounds of American cheese, $5\frac{1}{2}$ million pounds of dried skim milk, $5\frac{1}{2}$ million pounds of dried whole eggs (equivalent to $17\frac{1}{2}$ million dozen shell eggs) and $19\frac{1}{2}$ million pounds of lard. On the basis of nation-wide purchases by the FDA during February, producers and processors in the five Great Lakes states supplied 39% of the pork products, $43\frac{1}{2}$ % of the dried skim milk, 65% of the cheese, 32% of the dried whole eggs, and 51.7% of the lard.

Additional purchases included lamb and mutton, beef, creamery butter, condensed milk, processed cheese, wheat flour, wheat bran, cornmeal, dried beans, field and vegetable seeds, and other miscellaneous items.

Butter purchases by FDA from American creameries during February amounted only to 17,391 pounds. This is less than $\frac{7}{10}$ of 1 percent of the estimated February production of butter in the United States.

Purchases of agricultural commodities by FDA for lend-lease, territorial emergency programs, Red Cross, and other purposes during February were 30% less than during January.

PROGRAM NOTES

White House Easter Egg Rolling...Out For the Duration!

The merry click of colliding Easter eggs and the occasional wail of the temporarily misplaced youngster in the White House grounds will be missing from the Washington scene on Easter Monday of 1943. The White House, setting an example for the Nation, has canceled the traditional Easter egg-rolling down that gentle slope on the south lawn. USDA hopes this action will discourage the usual widespread sale of eggs for egg-rolling parties. Every egg wasted means a loss of valuable food. Department officials also pointed out that the sale of newly hatched chicks and ducklings as Easter gifts results in an annual loss or destruction of substantial quantities of potential food products. The baby chicks and ducks sold at Easter normally amount to several million, and these, if raised to maturity, would help provide much needed poultry meat to augment civilian food supplies. An explanation of these facts to your listeners should do much to make them understand the necessity for the sacrifice of this tradition for the duration.

Defining Essential Workers in the Food Program

USDA and the War Manpower Commission have emphasized the importance of food in fighting the war by appealing to employees in the various phases of production and processing of foods to remain on their jobs. Many men and women have been leaving their work indiscriminately for other employment, and this may result in the loss of essential products. Many of your listeners probably would be interested to know the types of activities necessary to the food program and specifically designated as essential by the WMC: all phases of farming; food processing; production of agricultural equipment; production of materials for packing and shipping products; production of chemicals and related products, including fertilizers, insecticides and animal and vegetable fats and oils; warehousing and storage of essential and perishable commodities; agricultural services such as hatcheries, seed processing, farm repair and maintenance, and farm product assembly services. WMC has pointed out that these various activities "all are necessary in the food production chain, and workers engaged therein are contributing to the war effort."

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NUTRITION NOTES

As we told you in last week's RADIO ROUND-UP, the Nutrition Division of the Office of Defense Health and Welfare Services is now a part of FDA, and we're glad to pass on to you some suggestions the Division made recently about wartime meal planning.

They say that when you cannot get the food you want, you can get the food you need if you know your alternates. With meat and most kinds of cheese on the ration list, it pays to know the alternate sources of protein on the "off-the-ration" list. These are: chicken, fish, eggs, cottage cheese and other unrationed cheeses, peanuts and peanut butter. None of these is a substitute for meat, but they all have protein value, as well as vitamins and minerals for health and stamina. There are many ways of preparing them to add interest to the daily diet, and their use makes it possible to send more meat overseas to the United Nations' fighting forces. (You broadcasters can help by suggesting balanced menus and interesting recipes. Wartime menus for one week, suggested by the Nutrition Division, are attached.)

Other alternates for meat that are on the ration list, but take fewer stamps than beef, pork, or lamb, are the dried peas, beans and lentils. Soybeans are an excellent source of protein, and may be served in various ways. Both soybeans and peanuts are now made into flour which can be combined with white enriched flour for making bread, biscuits, or rolls. The proportions are 1/3 soybean or peanut flour and 2/3 white enriched flour.

Eggs are one of the few foods that provide the sunshine Vitamin D along with one of the B vitamins, riboflavin. Milk has the advantage of being both a food and a beverage. Cereals are being used as meat extenders in sausage and in meat loaves. All white bread is now enriched, so both whole grain and white bread provide proteins as well as some vitamins, minerals and calories.

Before food was called upon to win the war, and when we could eat just about what we wanted, surveys showed that the majority of us chose meals that were not providing all we really needed for health protection. So, instead of worrying about not getting favorite foods under wartime rationing, we might better learn the values of new foods, and develop new food habits.

Nutrition in industry is just as important as nutrition in the home, especially since more homemakers are going into industry every day. The Nutrition in Industry Section of the Nutrition Division has an interesting program under way which aims to encourage adequate plant and community feeding, as well as nutrition education for workers and their families. In-plant advisory services are provided by the Technical Advisory Staff in Washington, and by assistant regional nutrition representatives. A new pamphlet is now in preparation which outlines the wartime Nutrition in Industry phase of the National Nutrition Program, and ways in which Government, industry, labor and State and community nutrition committees can be of service in maintaining the health and efficiency of war workers. This will be distributed to regional nutrition representatives, nutrition committees, plant executives, cafeteria directors and dietitians, public health and industrial hygiene officers, industrial physicians, and other interested persons or groups upon request.

WARTIME MENUS

SUNDAY

Breakfast

Fresh or Stewed Fruit
Whole grain cereal
Toast and eggs
Milk or Coffee

Packed Lunch or Supper

2 Peanut butter and chopped
apple sandwiches*
Chopped cabbage salad
Milk

Dinner

Roast chicken
Potatoes
Turnips
Fresh green salad
Bread and butter*
Cornstarch pudding
Beverage--milk for
children

MONDAYBreakfast

Fresh grapefruit
Oatmeal
Toast
Milk or coffee

Packed Lunch or Supper

2 chicken sandwiches*
Carrot strips
Cornstarch pudding
Milk

Dinner

Creamed cod fish
Baked potato
Turnip greens
Bread and butter*
Apple pie
Beverage--milk for
children

TUESDAY

Fresh orange juice
Whole grain cereal
Toast
Milk or coffee

2 codfish salad sandwiches*
Turnip strips
Fruit
Cocoa

Cereal meat loaf
Boiled potatoes
String beans
Bread pudding
Beverage--milk for
children

WEDNESDAY

Fresh grapefruit
Oatmeal
Toast
Milk or coffee

Creamed onion soup
2 cereal meat loaf sandwiches*
Fruit
Beverage

Braised liver
Scalloped potatoes
Cole slaw
Bread and butter*
Gingerbread
Beverage--milk for
children

THURSDAY

Fresh or stewed fruit
Whole grain cereal
Toast
Milk or coffee

2 chopped liver sandwiches*
Cole slaw
Gingerbread
Milk

Vegetable and Meat stew
Raw green vegetable
salad
Bread and butter*
Custard pie
Beverage--milk for
children

FRIDAY

Fresh oranges
Whole grain cereal
Toast
Milk or coffee

Mixed raw vegetable salad
Peanut butter & cottage cheese
sandwiches*
Fruit salad

Boiled haddock--milk
gravy
Baked potatoes
Fresh broccoli
Cookies
Beverage--milk for
children

SATURDAY

Fresh or stewed fruit
Oatmeal
Toast
Milk or coffee

2 egg salad sandwiches*
Carrot strips
Cookies
Fruit
Milk

Baked beans
Fresh green salad
Bread and butter*
Rice pudding
Beverage--milk for
children

*All bread should be whole grain or enriched white bread, spread with butter or fortified margarine.

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U. S. DEPARTMENT OF AGRICULTURE



Radio Round-up

on food...

A Service --
For Directors of Women's Radio Programs

5 S. Wabash Ave., Chicago, Ill.
April 10, 1943 -- No. 44

MEAT CEILINGS ALL AROUND

Specific, cents-per-pound ceilings on beef, veal, lamb and mutton, effective April 15, have been announced by OPA. Added to the retail pork ceilings now in effect, this brings every important meat which appears on the American dinner table under price control. This new price action, together with meat rationing, should eliminate black markets in meat from the American scene.

This regulation establishes grade prices at the consumer level, and is the first to do so. Most meat in retail stores will now be marked with either the grade mark of USDA or with the OPA grade letter, and this will assure consumers of receiving the exact grade of meat for which they pay. Only on portions where the wholesale grade mark never has been placed, such as inside cuts, will the consumer fail to note a grade mark. In such instances, the shopper has protection if she notes the selling price and compares it with the grade prices on the official OPA price list.

Here are some of the statistics of the order. The country is divided into 12 pricing zones; there are 102 cuts of beef, veal, lamb and mutton, all of which will be standardized as to cutting and trimming; there are five officially established grades of beef and veal, four of lamb, and three of mutton. Here are the grade marks of the Department of Agriculture and of the OPA:

COMMODITY	USDA GRADE	OPA GRADE
Beef, veal and lamb	Choice	AA
Beef, veal and lamb	Good	A
Beef, veal and lamb	Commercial	B
Beef and veal	Utility	C
Lamb	Cull	C
Beef	Cutters and Cannery	D
Veal	Cull	D
Mutton	Choice and Good	S
Mutton	Commercial	M
Mutton	Utility	R

US Department of Agriculture
Food Distribution Administration

These grade standards are identical to those which have been in use right along by USDA in grading meat at slaughtering plants. They were adopted by OPA in setting ceilings on wholesale cuts.

Consumers are likely to find the new ceilings on beef, veal, lamb and mutton less than those they've been paying recently. For example, throughout the north-east, the highest price on hamburger will be 33¢ a pound, compared with previous consumer prices ranging up to 50¢. Also, the ceilings will be of benefit to stores which had subnormal ceilings in March 1942. These stores will now be on an equal competitive basis with stores which either had high maximums, or had been violating their ceilings. Price, therefore, should no longer be a factor in preventing any locality from obtaining its share of the available supply of these four meats.

Sausage, canned meat and variety meats (including brains, liver, kidneys, tongues, and hearts) are exempt from the provisions of this regulation, though OPA plans later to set specific dollars-and-cents ceiling prices for these items also. They are, of course, covered by March 1942 ceilings under the General Maximum Price Regulation.

It should be remembered that the retailer may at any time charge less than these new ceiling prices, but in no instance more. The prices must be posted at each meat counter or store all over the country, and will enable every American housewife to know the top price which she may be charged for the meat for which she has to surrender her precious red stamps as well as her money.

VEGETABLE PLATE SPECIAL

If you broadcasters will do a little research work on recipes for the use of carrots and spinach, you can be prepared to make helpful suggestions to your listeners during the next few weeks, when both those vegetables will be in liberal supply in most markets.

Shipments of carrots have been arriving from the principal producing areas... the Imperial Valley, California; Phoenix area, Arizona; and Lower Valley, Texas. The quantities shipped in recent weeks have been almost double those of a year ago, and even heavier shipments are expected soon. The prospects are that carrots will be reasonably priced for some time, too. Carrot consumption will help to conserve limited supplies of other foods, particularly potatoes. As you know, carrots have many fine features, and are especially valuable for their vitamin A content. That is the so-called anti-blackout vitamin, and is indicated by their bright yellow color. They also contain two of the important B vitamins, thiamin and riboflavin. Cooked or raw, carrots add color and food value to meals... perhaps they'll even produce curly hair, as we were told when we were very young!

Liberal supplies of spinach are expected to come into the market in the next several weeks from Maryland, New Jersey, Pennsylvania, Arkansas, Oklahoma, Missouri, Illinois, Virginia, and other areas near large consuming centers. Popeye already has done a good job of popularizing spinach, but you can help if you'll give your listeners suggestions about the right way of cooking spinach and other greens...quickly, and in very little water. Tell them not to be afraid to experiment with serving spinach raw, as a salad...it's delicious that way. Spinach is a regular alphabetical vegetable, so far as vitamins are concerned...it contains A, the B vitamins (thiamin, riboflavin and niacin) and C. There's a great deal to be said for both these vegetables...it's up to you.

THE BASIC SEVEN

Eat some food from each group of the Basic Seven every day...that's the advice of the Nutrition & Food Conservation Branch of FDA. Do you know the Basic Seven? Here they are:

- Group 1: Green and Yellow vegetables; some raw, some cooked, frozen or canned.
- Group 2: Oranges, tomatoes, grapefruit, raw cabbage or salad greens.
- Group 3: Potatoes and other vegetables and fruits...raw, dried, cooked, frozen or canned.
- Group 4: Milk and milk products...fluid, evaporated, dried milk, or cheese.
- Group 5: Meat, poultry, fish or eggs...or dried beans, peas, nuts or peanut butter
- Group 6: Bread, flour and cereals...natural whole grain, or enriched or restored.
- Group 7: Butter and fortified margarine, with added Vitamin A.

In addition to the Basic Seven, eat any other food you want. Be prepared to adapt your choice to wartime shortages, of course. A good general rule to follow is this:

<u>If scarce in</u>	<u>Use more from</u>
Group 2	Group 1, 3
Group 4	Group 1, 5, 6
Group 5 (meats)	Group 4, 5 (beans)
Group 7	Group 1, 4 (eggs)

SHOPPING BY POINTS

The Bureau of Human Nutrition and Home Economics makes several suggestions about shopping under rationing, which we believe you will like to pass along to your listeners. They warn that a haphazard method of shopping is out for the duration of rationing if families are to be well-fed, and point out that every homemaker's responsibility to feed her family well has become a real patriotic duty. First, the table of ration points which every woman probably clipped from her newspaper should be kept handy in the kitchen. Second, a shopping list of both pounds and points should be prepared before going to the market. This list should be made flexible, by noting alternates of equal point value for second choice, in case the first choice isn't available.

An interesting survey was made last Spring, before rationing, of the eating customs of families at different income levels. This showed that the food now sold under red-stamp rationing would have amounted to 81 points weekly for the low-income city family of four, and 100 points weekly for the middle-income family. With only 64 points a week to spend, both those families will have to follow a far different purchasing pattern for meat, canned fish, cheese and fats this Spring. And as a matter of fact, the more money they have to spend for food the greater the necessary adjustment will probably have to be.

Butter at 8 points a pound will doubtless be reserved for spreading on bread...the other fats will prove satisfactory alternates for cooking or frying, and will save 3 points on every pound. As a flavoring for many things, salt pork at 4 points a pound will serve nicely for bacon at 8 points. The variety meats, high in nutritive value and low in points, will appear on the dinner table more frequently than they have in the past. Portions of meat might well be cut down in size, but the clever meal-planner will make them appear larger by extending them with bread, cereals, beans and other vegetables.

By choosing carefully, the Bureau feels that a family of four can get an average (perhaps more, though sometimes less) of 4 pounds of rationed fat, $\frac{1}{2}$ pound of rationed cheese, and 6 or 7 pounds of rationed meat, including canned fish, with their 64 ration points. By adding poultry, fish, eggs and soft cheeses, all unrationed, there needn't be any question about the adequacy of this diet with respect to meat and fats.

Here are four weekly shopping lists, figured by pounds and points, for a family of four. Two are fairly low in cost, and two a bit higher. These ideas may be of real help to some of your listeners in getting into the swing of shopping with a ration book.

Low-Cost Menus

1st Week

	Ration points	Suggested meat, fish, and cheese dishes
1 lb. 2 oz. round steak.....	9	1. Swiss steak and onions
1 lb. hamburger	5	2. Chili con carne
3 lb. beef heart	12	3-4. Braised stuffed heart (2 meals)
2 lb. pork liver	10	5. Heart and vegetable turnovers
1 lb. 6 oz. fresh fish	0	6-7. Stuffed pork liver loaf (2 meals)
1 lb. American cheese	8	8. Baked fish and vegetables
		9. Macaroni and cheese
1 doz. eggs	0	10. Baked rice, tomatoes, and cheese
1 lb. oleomargarine with Vitamin A added	5	11. Onion soup and grated cheese
3 lb. lard or other shortening.	15	
Total	64	

2nd Week

	Ration points	Suggested meat, fish, and cheese dishes
4 lb. neck of lamb (bone in) ..	16	1-2. Lamb stew with dumplings (2 meals)
4 lb. pork spare ribs	16	3-4. Spare ribs and sauerkraut (2 meals)
2 lb. beef kidney	8	5-6. Kidney and vegetable pie (2 meals)
1 lb. cottage cheese	0	7. Baked cottage cheese and noodles
		8. Cottage cheese and spring vegetable salad
1 doz. eggs	0	
1 lb. butter	8	
1 lb. salt pork	4	
1 qt. salad and cooking oil ..	12	
Total	64	

Moderate-Cost Menus

1st week

	Ration points	Suggested meat, fish, and cheese dishes
5 lb. leg of lamb	30	1-2. Roast lamb with mint stuffing (2 meals)
		3. Thick vegetable, lamb, and barley soup (roast lamb & bone)
1 lb. beef brains	3	4. Scrambled brains with eggs
5 lb. roasting chicken	0	5-6. Roast stuffed chicken (2 meals)
1 lb. American cheese	8	7. Noodle soup (chicken carcass)
1 lb. butter	8	8. Cheese fondue
3 lb. lard or other shortening	15	9. Cheese and bean loaf
Total	64	

2nd Week

	Ration points	Suggested meat, fish, and cheese dishes
2 lb. boneless shoulder of veal .	16	1-2. Stuffed roast veal shoulder (2 meals)
1 lb. veal liver	8	3. Braised liver and onions
1 lb. scrapple	4	4. Fried scrapple
1 lb. club steak	8	5. Broiled steak and onions
3 lb. fresh fish	0	6. Planked fish and vegetables
		7. Creamed flaked fish and eggs on toast
$\frac{1}{2}$ lb. cream cheese	0	8. Fruit and cream cheese salad
		9. Cream cheese and chive sandwich
1 lb. butter	8	
1 lb. bacon, sliced	8	10. Scrambled eggs and bacon
		11. Broiled mushrooms and bacon
1 qt. salad or cooking oil	12	
Total	64	

FOOD DISTRIBUTION ORDER NO. 46 - OILS

Under this order, importers of cocoanut, babassu and palm kernel oils or oil-bearing materials from which these oils are produced, must continue to set aside 25% of their imports to be used for war purposes at the Government's direction. This order continues, unchanged, the provisions of WPB Order M-60a, and will be administered by FDA. These oils came largely from the Philippines and Brazil, and naturally, the war has cut down their importation. War needs to date have been met almost entirely from the supplies already in this country.

In addition to their direct war uses, these oils are valuable for their high content of glycerine, which is obtained as a by-product in soap manufacture. Glycerine is needed not only for explosives, but it plays a large part also in the operation or production of gun recoils, hydraulic equipment, pumps, ships' steering-gear, compasses, depth charge release mechanisms, and medicines, including the tannic acid salve used in treatment of burns.

FOOD DISTRIBUTION ORDER NO. 47 - HONEY

Regulations limiting the amount of honey that may be used in the manufacture of food products, and the administration of manufacturers' quotas, have been transferred from the War Production Board to the Food Distribution Administration. This action was taken in FDO 47, effective April 6. To put the order into effect, the Director of FDA issued Order No. 47.1, providing that during the 3-month period ending June 30, and during each subsequent 3-month period, no firm or individual may use in manufacturing other products more than 600 pounds, or 120%, of the quantity of honey so used by him during the corresponding 3-month period of 1941, whichever is greater. A purchaser who buys 10,000 or more pounds of honey in one month for manufacturing purposes is required to report such purchases to FDA within 10 days.

FOOD DISTRIBUTION ORDER NO. 48 --
SET ASIDE ORDER ON MEATS SUSPENDED INDEFINITELY

The two-week suspension of the order requiring livestock slaughterers to set aside certain percentages of their production for Government purchase was extended indefinitely by the Food Production and Distribution Administration to facilitate a more even flow of meat under the rationing program. This action, amendment 2 to FDO 28.1, does not affect the present meat restriction order which sets up civilian quotas. Under FDO 28.1 all livestock slaughterers operating under federal inspection had to set aside for sale to designated Government agencies the following percentages of their meat: beef, other than canner and cutter grades, 40%; canner and cutter grades (steers, heifers and cows), 80%; veal, 30%; lamb and mutton, 35%; pork 45%.

"STAMPING" OUT THE BLACK MARKETS

In 1943 there should be 17 billion pounds of meat for civilians against 16.3 billion pounds average 1935-39 consumption -- at least there should be if the black market is stamped out. The black market has diverted such large amounts of meat from legal trade that buyers for our army have been unable to get all the meat they want for our fighting men here and abroad.

Here's where you broadcasters can help -- by telling the housewives what they can do to wipe out this illegal practice. People who knowingly or unknowingly deal in the black market should be made to understand how they are acting as dupes and sucker-bait for an unscrupulous band of criminals. Black marketeers have slaughtered animals under unsanitary conditions and then sold the meat for fancy prices. Emphasize to your listeners that a consumer should pay no more than the ceiling price!

And, too, due to the unsanitary conditions under which many animals have been slaughtered by racketeers, black market meat has already been accused of a part in at least one epidemic. For health's sake, here's an easy way for the consumer to make sure he or she is getting meat that was not illegally slaughtered. All wholesale cuts of meat offered for sale must show two stamps. One of them is a permit number of the slaughterer, issued only to legitimate operators who conform with sanitary regulations. The other is the grade stamp. Consumers should not buy meats from cuts that are not stamped. The grade stamp will show the meat as being Choice, Good, Commercial or Utility. There is no beef now graded as "Prime".

Consumers should pay according to the grade they buy -- and can demand a receipt from the retailer showing his name, the date, the kind and amount of meat, and the price. If it's above the ceiling price, the consumer can sue and recover damages. Up until now, it was difficult for housewives to identify black market meat. Previously, some meat was sold at retail with no markings. The only guide to the housewife was price -- and that wasn't always a certain indication of the quality. But now, with the new regulations in effect, the grade of the meat is stamped on each wholesale cut, and black market meats will be easier to recognize.

PROGRAM NOTES

Victory Garden Statistics

Throughout much of the central part of the country, it's now planting time for the early vegetables in the Victory Garden. For the 30x50 foot size, USDA suggests one row each of spinach, onions, cabbage, and turnips, a half row of lettuce, and several plantings of radishes. If the ground is well prepared and fertilized, a planting of this size should provide fresh vegetables for a family of four. The following seed will be required: $\frac{1}{4}$ ounce of spinach seed, $\frac{1}{2}$ ounce of radishes, 1 pint of onion sets, 30 cabbage plants, and 1 packet each of turnip and lettuce seed. Experienced gardeners make several small plantings of lettuce and radishes about a week apart, so that the crops will not mature all at once.

From two to three weeks after these crops are planted, beets, carrots and Swiss chard should be planted. For this 30x50 foot garden, USDA's suggestion is for one row each of beets and carrots, and $\frac{1}{2}$ row of chard.

Victory Gardeners Galore

Extension workers and seedsmen report that if present promises are borne out, the goal of 18 million home gardens this year will be exceeded by at least 10%. Requests for the Victory Garden bulletin are pouring in, and you broadcasters might mention once in a while that the bulletin can be obtained more quickly from State Agricultural Colleges, and that both USDA and State agricultural agencies will appreciate it if everybody will be patient. It's a physical impossibility to answer all the requests within 24 hours, but every bulletin asked for will be sent out as soon as possible.

An Extra Pound of Protein Food Per Day

A flock of 15 Rhode Island Red hens and 50 baby chicks has been on display in the patio of the Department of Agriculture building in Washington recently, as the feature of an exhibit of backyard poultry raising. The poultry specialists of the Department say that this can be duplicated by any family under average conditions, and that this number of hens and young chicks, as they develop, will provide an estimated 372 pounds of eggs and dressed poultry meat, without reducing the size of the laying flock by a single hen. This means the addition of a pound of fresh protein foods daily to that which is available under meat rationing. This calculation assumes minor losses of about 5 birds among the baby chicks and laying flock. Superior stock will exceed the 372 pound total, especially in eggs, and even birds of only fair quality, kept by inexperienced persons, should yield at least two-thirds as much.

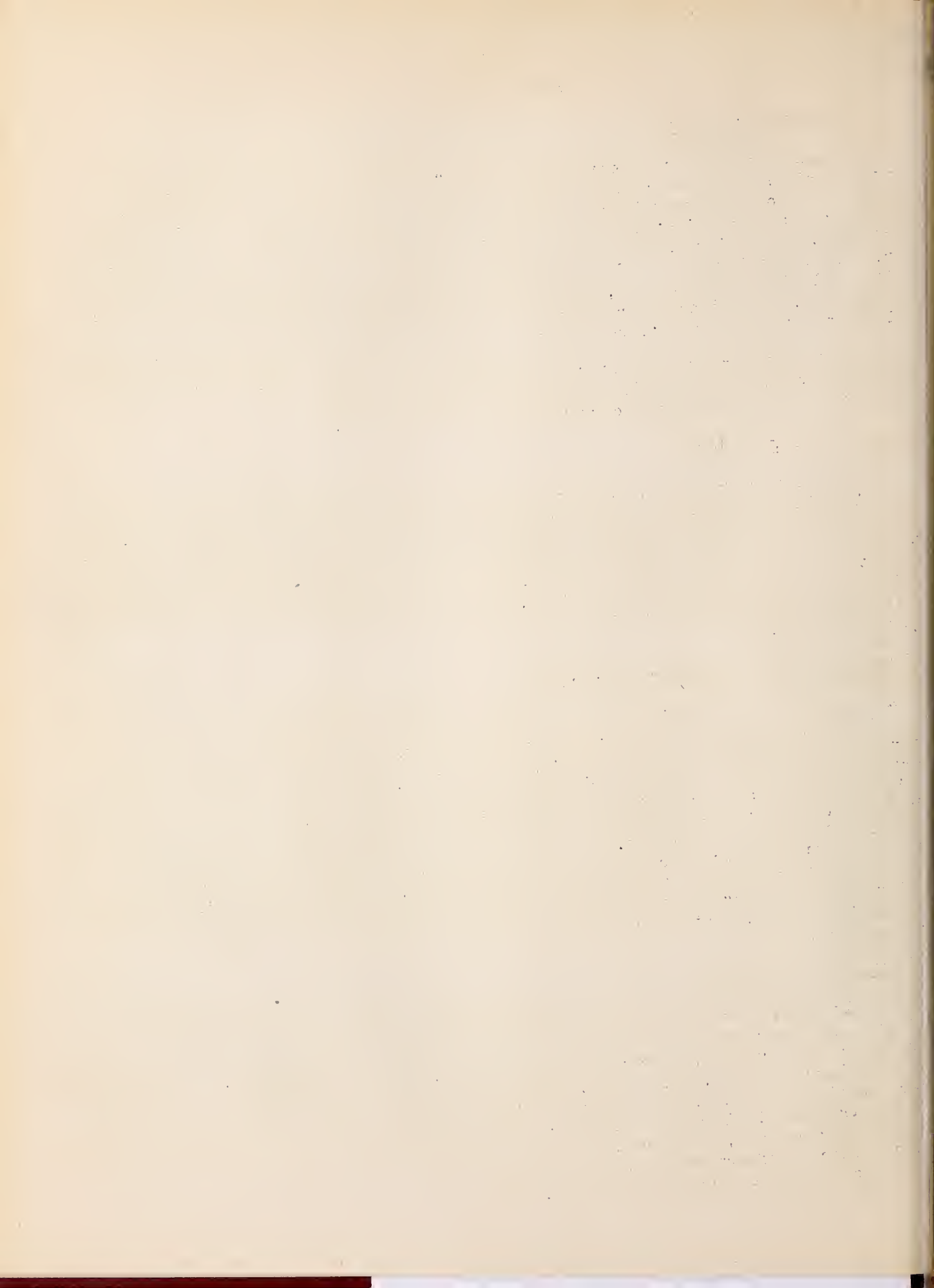
More Waste Fats Needed

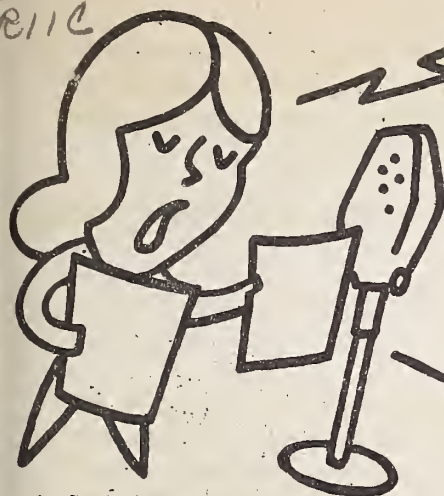
The Salvage Division of WPB appeals for more waste fats from the kitchen... you might make this appeal a regular feature of your program. The report for January showed a collection of almost 6 million pounds, an increase of nearly 900,000 pounds over December 1942. Even this, however, fell far short of the monthly quota of over 16 $\frac{1}{2}$ million pounds. Waste kitchen fats yield 10% glycerine, and glycerine is one of our most vital war needs. Every homemaker should get the maximum food value from kitchen fats, of course, particularly in view of butter and fat rationing, but a special effort should be made to turn over to the butcher every ounce of fat which is not needed for household use.

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Radio Round-up

on food...

A Service --
For Directors of Women's Radio Programs

5 S. Wabash Ave., Chicago
April 17, 1943 -- No. 45

HOME CANNING NEWS

The Truth About Sugar

As you've doubtless heard, OPA has announced that sugar for canning will be ration-free this year. No point stamps will be required for those extra pounds of sugar homemakers will need to turn fresh fruits and vegetables into supplies for next winter. The procedure for getting canning sugar will probably be about the same this year as last, and you'll probably want to watch for announcements concerning this, to pass on to your listeners.

U.S.D.A. Recommends Steam Pressure Canner

There's much discussion these days as to the relative merits of the steam pressure method (especially since the supply of canners will be limited) and the boiling water bath method of canning vegetables. USDA states that the use of the steam pressure canner is the only method it can recommend for the canning of beans, peas, corn, spinach, other greens, asparagus, and all the other non-acid vegetables, also meats and poultry.

Certain spoilage organisms, as well as the spores of *Bacillus botulinum*, are not readily killed at boiling temperatures in non-acid foods, but they are destroyed by the high temperatures developed in a pressure canner correctly used. These botulinum spores, if not destroyed, may grow and generate a fatal poison. The non-acid vegetables, when processed by the boiling water bath, can contain botulinus toxin, even if there are no signs of spoilage. As you probably know, such foods should be brought to a boil and boiled for at least ten minutes after the can or jar is emptied, before they are even tasted. If there are evident signs of spoilage, however, the food should not be eaten at all.

In acid products, such as fruits and tomatoes, rhubarb, and pickled beets, however, botulinum spores are made harmless or destroyed by boiling temperatures, and these foods can be safely canned by the boiling water bath method.

US Department of Agriculture
Food Distribution Administration

USDA has made the statement regarding steam pressure canning in response to many requests from those interested in the canning of Victory Garden products. The Department feels it can recommend only methods considered universally safe, since its published material is used in all parts of the country.

This information might well be broadcast frequently, both before and during the canning season.

MEAT GRADES, 1943 VERSION

Tell your listeners it's up to them to become informed on the subject of meat grades if they're going to cooperate with Uncle Sam's efforts to protect them. Last week's RADIO ROUND-UP carried a list of the grades into which beef, veal, lamb and mutton are now divided. You might like to mention that the elimination of Prime grade really doesn't mean a loss to the consumer, since that grade has been put in with Choice. The quantity of prime meat available always has been limited (less than 1%), since most of it went to exclusive hotel, restaurant and club trade.

The grading requirements will protect consumers who've been paying Prime or Choice prices for meat which, perhaps, actually would grade only Good. Tell your listeners to look for the familiar ribbon stamp, which runs continuously along the whole cut of meat, or the smaller, letter grade stamp, which appears on the wholesale cut only. In this case, by the way, there will be retail cuts where the grade mark will not appear. Therefore, it will be well for the purchaser to remember that her best assurance of getting meat which conforms to grade requirements is to deal with the familiar, reliable butcher. In the past few months many a new store has opened on a side street, or on the outskirts of town, where the ancient legal phrase, "caveat emptor"...let the buyer beware...might well apply.

"E" FOR EXCELLENCE IN FOOD PROCESSING

As you've doubtless heard, food processing plants, whether large or small, are now eligible for the Army-Navy "E" provided they meet the very high standards of excellence prescribed. Quantity and quality of production, in the light of available means, are prime factors in considering food processing plants for this award. Recommendations may come from FDA regional offices, the Army and Navy Boards of Production Awards will consider them, and recipients will be notified formally by the War or Navy Department.

You've probably seen (or seen pictures of) the swallow-tailed flag with the large letter "E" in the center, surrounded by the yellow wreath. Did you know, however, that employees of the winning company also may wear the award? Each is presented with an Army-Navy lapel pin, similar in design to the flag.

The history of the "E" award is interesting...it's been given by the Navy since 1906 to units of the fleet that surpass all others in performance of duty. The unit may keep the "E" only as long as it excels all others. In the same way, the "E" award to a food processing company will not be permanent, because if the Boards find that a company has not succeeded in upholding the standards, that company will lose the right to fly the award flag until the standards of excellence have been met again.

The Army and Navy wanted to recognize the high responsibility of American industry, and even before Pearl Harbor, the system of awarding the Navy "E" was inaugurated. This award was bestowed on plants that showed marked superiority in the production of naval equipment. In the summer of 1942, the joint award, showing approval of both Army and Navy, was established. The traditional "E" for excellence was selected as the symbol by which the men and women of industry become associated with the men and women of the fighting forces in the common task. Since the armed services consider food a powerful weapon of war, it's fitting that this recognition be given to those who do outstanding work in producing food in its final form.

THE COVER OF WAR RATION BOOK TWO

How many of your listeners do you suppose have read all the fine print on the cover of War Ration Book Two? Have you done this yourself? We think everybody should be familiar with all that's printed there, and we realize it's a very human trait to ignore a lot of fine print on anything. Therefore, we're presenting it right here and now, for your consideration and guidance. On the front cover, under your identification, is a section headed "Warning", with the following:

1. This book is the property of the United States Government. It is unlawful to sell or give it to any other person or to use it or permit anyone else to use it, except to obtain rationed goods for the person to whom it was issued.
2. This book must be returned to the War Price and Rationing Board which issued it, if the person to whom it was issued is inducted into the armed services of the United States, or leaves the country for more than 30 days, or dies. The address of the Board appears above.
3. A person who finds a lost War Ration Book must return it to the War Price and Rationing Board which issued it.
4. Persons who violate rationing regulations are subject to \$10,000 fine or imprisonment, or both.

Turn to the back cover now, and note the following under "Instructions":

1. This book is valuable. Do not lose it.
2. Each stamp authorizes you to purchase rationed goods in the quantities and at the times designated by the Office of Price Administration. Without the stamps you will be unable to purchase those goods.
3. Detailed instructions concerning the use of the book and the stamps will be issued from time to time. Watch for those instructions so that you will know how to use your book and stamps.
4. Do not tear out stamps except at the time of purchase and in the presence of the storekeeper, his employee, or a person authorized by him to make delivery.
5. Do not throw this book away when all of the stamps have been used, or when the time for their use has expired. You may be required to present this book when you apply for subsequent books.

Then, at the bottom of the back cover, without any heading, the following explanation of the need for rationing appears:

Rationing is a vital part of your country's war effort. This book is your Government's guarantee of your fair share of goods made scarce by war, to which the stamps contained herein will be assigned as the need arises.

Any attempt to violate the rules is an effort to deny someone his share, and will create hardship and discontent.

Such action, like treason, helps the enemy.

Give your whole support to rationing and thereby conserve our vital goods. Be guided by the rule:

"If you don't need it, DON'T BUY IT."

In our opinion, too much cannot be said to impress upon consumers the importance of the last few statements.

FOOD DISTRIBUTION ORDER NO. 11, AMENDMENT 1 --
MILK AND CREAM

Adjustments in the milk marketing economies order were made by the Department of Agriculture, effective April 12. Provisions of the amendment are as follows:

It removed former restrictions on the sale of milk in less-than-quart-size containers for consumption in factories, schools, offices, on playgrounds, and in similar places. The provision restricting the sale of milk for consumption in homes in less-than-quart-size containers still remains, however.

It modified the provision preventing milk handlers from purchasing bottled milk or cream from more than two handlers during a calendar month. Under the amendment, processors of milk are excluded from this regulation; the period is changed from one month to three consecutive days; and bulk milk and cream as well as the bottled products are included. Only stores, restaurants, hotels and similar establishments are limited to purchase of bottled or bulk milk and cream from not more than two handlers in any three consecutive days. Processors and pasteurizing handlers of milk may purchase from any number of sources.

The amendment prohibits stores, restaurants and hotels from refusing delivery of milk or cream they have previously ordered and from returning milk or cream previously delivered to them.

It liberalizes the requirement of deposits on bottles used in the home deliver trade. Exemptions from this requirement may be granted in any case where the requirement effects no economy and where an exemption will not prevent collections on deposits in the wholesale milk trade.

It exempts rural areas and incorporated places under 5,000 population from the restrictions of the order.

Carrots

Referring again to carrots (last week's RADIO ROUND-UP gave you considerable information about carrot prospects), we suggest you recommend this vegetable frequently to your listeners. The crop now moving to market is very large in size and excellent in quality, and they'll doubtless find that carrots will stretch both the point budget and the money budget.

Suggest the use of carrots by themselves, or in combination with other foods, to take the place of scarcer foods. For instance, here are some more unusual ways to serve carrots -- tossed with butter and bruised mint, or with sour apples in a casserole. Or, combine them with cabbage, chopped peanuts, chopped green peppers, pimiento or celery. Moisten each food separately or blend into an appetizing whole and pack into a mold. Perhaps your listeners have never tried grated carrots in muffins, biscuits or marmalade -- they add color as well as flavor. For sandwiches, this may be new to them -- grated carrots and raisins, or carrots and cheese.

Seeds

Did you know that farmers in Allied countries already have produced substantial quantities of food from American-grown vegetable seed...that American soldiers in isolated sections of the world are producing some of their own food from vegetable gardens they've made themselves. Our deliveries of agricultural commodities for shipment to the Allies during February included more than 12 million pounds of seed, and it's estimated that we'll ship them about 55 million pounds of vegetable and field seeds during 1943.

Food in Glass

When you looked over the shelves of your favorite food store last year, did you have any idea that there were several thousand designs of glass jars in use? Things will be different from now on...WPB has announced the standardization and simplification of glass containers, and the number provided will be approximately 90, which will mean a tremendous saving in labor and material. It's estimated that about 860 million, 20% more than were made in 1941, can be made on existing equipment.

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FOOD DISTRIBUTION ORDER NO. 49 - POTATOES

The War Food Administration has announced a program for controlling the shipment of remaining stocks of Maine potatoes. The program, which became effective April 15 in Maine, is designed to enable government procurement agencies to obtain urgently needed supplies and help provide growers with sufficient seed to meet increased 1943 goals. Each shipper is required to obtain a permit before making any truck or rail shipment. Permits will be available through the Presque Isle office of the FDA. To obtain a permit, the shipper must offer to sell to federal agencies the entire quantity for which the permit is requested. Government purchases will be used in meeting the most pressing requirements. The portion of the supply not purchased will be released promptly for commercial shipment.

Government agencies eligible to purchase the remainder of the 1942 Maine potato crop are the Food Distribution Administration and the United States Army. The order provides exceptions for the shipment of certified seed potatoes and selected seed on permits to be issued by the Director of the FDA.

Supplies of potatoes now in Maine are estimated at approximately one-third of the nation's present supply of old crop potatoes available for shipment. Supplies also are available primarily in the North Central States, with small quantities remaining in Colorado, Idaho and Oregon. While the anticipated supply of new crop potatoes is somewhat greater than normal, old crop supplies have been reduced faster than usual as a result of increased demand. A tight supply situation on potatoes is expected to continue through May, temporarily necessitating smaller consumption by civilians.

PROGRAM NOTES

Point-less Prunes and Raisins

More raisins in cakes, cookies and desserts...more stewed prunes, prune whip, and other favorite prune dishes...that's what the temporary removal from the ration program of these two popular dried fruits means. FDA recently announced the release into commercial channels of more than 17½ thousand tons of raisins and nearly 13½ thousand tons of dried prunes. These had been held by packers under provisions of Food Distribution Order No. 16, reserving the entire 1942 production of these dried fruits, with provision for releases to civilians. There have been previous releases of approximately 113 thousand tons of raisins and 89 thousand tons of dried prunes.

Snap Beans

The price of canned snap beans should remain the same...no increase for the homemaker is likely. OPA has established dollars-and-cents maximum prices per dozen cans at levels approximately those of 1942. The USDA program which absorbed an increase in the farmer's price for beans made this possible.



Radio Round-up

on food...

A Service --
For Directors of Women's Radio Programs

5 S. Wabash Ave., Chicago, Ill.
April 24, 1943 -- No. 46

HOME DEHYDRATION OF FOOD

Secretary Wickard said on the Farm and Home Hour Friday, April 16, 1943, that full use of products from Victory Gardens calls for the canning, drying, and storing of as much as possible. The Secretary went on to say "The Department is now working on a program to obtain material for the manufacture of as many home dehydration units as possible at this time. If necessary materials are available and can be spared from other urgent war needs, it is our hope to see dehydrators designed for home use in operation this season."

According to information from the Division of Household Equipment, Bureau of Human Nutrition and Home Economics of USDA, a number of commercial companies already have dehydrators built and tested, and are ready to go into production as soon as materials are released. Following is a list of questions and answers based on information supplied by this division, which may help you in planning programs on home dehydration:

Q. Can you dehydrate foods at home successfully?

A. Yes, with proper care. For drying, as for other types of food preservation, fresh foods direct from the garden make the best products.

Q. How do dehydrated foods compare with other home processed food?

A. Home dehydrated foods may not be as good in nutritive value or as palatable as canned and frozen foods, but they are satisfactory. Dried foods are a type of food in themselves and should not be judged on the basis of flavor and texture of foods preserved by other methods.

Q. Why is drying more successful now than it was in the past?

A. 1. Improvement in home drying equipment.

2. Increased knowledge of the importance of adequate blanching or sulphuring before drying as an aid in preserving flavor, texture, and color, and improving storage qualities.

3. Drying to a lower moisture content which improves the storage qualities.

US Department of Agriculture
Food Distribution Administration

Q. Will equipment made of strategic materials be made available for home-size dehydrators?

A. At the present time there is very little of this equipment on the market. If homemade dehydrators are to be built, materials will have to be allocated or parts assembled from other equipment such as electric fans, portable fractional horsepower motors, or heating elements from electric brooders.

Q. Will plans be made available for home dehydrators?

A. The U. S. Department of Agriculture will soon have blueprints for several dehydrators. The Tennessee Valley Authority, the Rural Electrification Administration, and many State Agricultural Colleges also have plans.

Q. What is the cost of building a dehydrator at home?

A. This depends on the usable material on hand and whether or not labor costs are involved. If built by the user, and all materials purchased, prices would range from \$5 to \$50 depending on the size and design.

Q. What are the advantages and disadvantages of different types of dehydrator?

A. Electric: Advantages

It gives the best food product because temperature can be thermostatically controlled and forced circulation can be used. It requires the least attention and is no flame hazard.

Disadvantages

It requires more strategic materials than other types and is the most complicated for home construction. It is more costly to build and is slightly higher in operating cost.

KEROSENE: Advantages

It produces about the same quality dried product as top-of-stove but provides for larger quantities. It is the simplest to build and least expensive to operate.

Disadvantages

It requires a heater in reasonably good condition and well cared for and requires frequent changing of trays at regular intervals. It requires considerable attention in adjusting the flame and the longest time to dry.

TOP-OF-STOVE (insulated cabinet type) Advantages

This is the least expensive to construct, can be used with regular cooking stove and the quality of the product is the same as with kerosene.

Disadvantages

It is limited in capacity, requires frequent changing of trays, and is a possible fire hazard. Removal from stove during meal preparation is necessary unless on a coal or wood stove; then it must be moved to back.

Additional information may be obtained by writing to the Division of Publications, U. S. Department of Agriculture, Washington, D. C. for Drying Foods for Victory Meals. Your local home demonstration agents and home economists representing commercial concerns will be able to give you advice concerning home dehydration in your own community.

NOTE: Attached supplement covering methods of cooking dehydrated foods.

EATING RIGHT

The importance of proper nutrition cannot be stressed too strongly or too often. Be sure that your listeners are well acquainted with the seven basic food groups, outlined in RADIO ROUND-UP on April 10. You've doubtless been reading about them...those of you who are home economists are familiar with the general classifications anyway, of course. You'll want to cooperate with the Wartime Food Demonstrations which are to be held all over the country under the auspices of local Defense Councils. These will help to introduce new foods into regional and racial diets, check food waste, and make the best possible use of available foods.

Your listeners will doubtless be interested in the comments on the effect nutrition has had in a number of large manufacturing plants which have established food service, according to the recommendations of the Government's Nutrition in Industry Division. One plant reported that production increased 10% due to improvement in morale in the first two weeks this food service was set up. Another stated that absenteeism was cut 19% in the first four months following installation of a food program. This included the serving of Victory Lunch Specials providing adequate meals supplying more than one-third of the daily food needs.. The cafeteria manager of a large airplane factory stated that they're meeting the need for changing food habits necessary under wartime rationing by serving more raw vegetable salads, more fresh vegetables and fruit, and milk, as well as weekly meat conservation lunches.

HAVE YOU GONE HUNGRY LATELY?

When the harassed homemaker is trying to figure the best way of spending her ration points...or hunting for the practically non-existent potato...or wondering what to use to take the place of some other fresh vegetable or fruit which is temporarily short...she probably feels a bit sorry for herself. Chances are she's in what might be called a black-market-mood! She's trying to drown out that little voice of conscience which tells her she has no right to pay over the ceiling price to get something she wants...or to take that extra can of fruit which the occasional grocer will slip into her basket without benefit of point stamps...or to swear she's going to use that peck of potatoes for seed, when she knows very well they're going right onto her dinner table.

Why don't you present for her consideration a few of the following facts and figures?

Rationing in Greece is practically non-existent...there isn't enough food to ration. Not even the monthly shipments of Red Cross food and Canadian wheat amount to enough to permit rationing, with the exception of bread, which is now slightly more than two ounces a day per person. Yugoslavia gets 20 ounces, Belgium 55, Czechoslovakia 62, the Netherlands 63, Luxembourg 70, Denmark 82, and France 60. In many of the countries where the bread ration is larger, however, bread takes the place of more nourishing diet items, so that's no indication of a good food supply. Greece gets only the small Red Cross shipments of meat, butter and fats, milk, and vegetables. Small quantities of green vegetables and fruit are to be had intermittently in certain localities.

Butter is so scarce in occupied Europe that its place is generally taken by other fats. The ration for all fats in France is $2\frac{1}{2}$ ounces per week; it ranges from there up to $10\frac{1}{2}$ ounces in Denmark.

In most of occupied Europe, milk in any form is so scarce that it either is rationed, or is given only to children...skimmed milk at that.

Small quantities of substitute coffee, from 2 to 3 ounces a week, are available to the average consumer in occupied countries. The ration in France, however is only $1\frac{1}{2}$ ounces. Sugar rations range from $4\frac{1}{2}$ ounces in France to $10\frac{1}{2}$ in Denmark.

The British commonwealth of nations is much better off, of course, and food rationing depends on the supplies available in particular countries. Only sugar, coffee and tea are rationed in all of them. Milk is rationed only in the United Kingdom, where it is distributed after "priority" groups have been served. $2\frac{1}{2}$ pints a week is the fluid milk quota for a person without priority, but they make wide use of powdered milk for cooking. There also canned vegetables and fruit, dried and split peas, dried beans, breakfast cereals, rice, figs, prunes and plums are distributed on a point rationing basis. Meat rationing in Britain is based on prices...currently it amounts to about 23¢ worth of meat a week. This provides about 20 ounces of assorted meats, on the average, and in addition, four ounces of ham or bacon may be secured. The fats ration of the British is 8 ounces a week...2 ounces of which may be taken in cooking fats only, and 2 ounces in butter.

In Free China, food is so scarce it cannot be rationed. 168 ounces of rice per week are allowed to soldiers, however.

Maybe it wouldn't be a bad idea for some people to carry a list of those statistics around all the time...tucked away inside the new ration book holder, perhaps.

WORKING TOGETHER TO WIN

Here's an angle for you broadcasters to consider...recommendations for you to make to your listeners of ways in which they can work together to help win the war. Tell them to get acquainted with their neighbors...whether those neighbors live in the next house, the adjoining apartment, or miles away on the nearest farm. No matter how rugged an individualist a person is, wartime is the time for community or neighborhood cooperation, because that's often the simplest and most effective way to get things done. Farmers are using their individual initiative to think out ways to help each other. They're lending farm machinery, salvaging parts of old equipment for their neighbors to use if they don't, pooling cars, swapping labor. They're really following the example of the frontier families who banded together for the common defense in times of peril. The solution of many problems is much simpler than that of the farm machinery shortage. For instance, one young mother might elect herself to be a one-woman nursery school, and take care of all the neighborhood babies while the other women are working away from home. Or a neighborhood meeting can be held to decide who should specialize on what in home gardens...each person to grow what he or she does best with...and then arrange for a swap as the crops come along. In many areas, the county home demonstration agents can be of much help in setting up such a project.

Many a town family will be working its Victory Garden this year, of course, and neighbors can certainly work together to save money and materials. Two families ought to be able to arrange their garden schedules so they can share the same garden tools...and they too, will find that they can share their crops through exchange. Sharing experience is another reason for getting together over town gardens. Veteran gardeners have the opportunity of a lifetime to show

the rookies how to make vegetable seeds grow to look like the pictures in the seed catalogues!

Town and country are coming closer together as they join in the fight against food shortages. The Women's Land Army already is in the process of organization, and is scheduled to help tremendously in supplying farm labor. A county in Indiana has organized what they call a "Women's Relief Battalion" to answer emergency calls from farmers to help with the crops. Each work crew in this battalion will have for a leader a women who once lived on a farm. The President of the General Federation of Women's Clubs has asked all federated clubs to stay in session this summer, which means $2\frac{1}{2}$ million women on the alert to help with the food production fight.

Announcements and other information will soon be coming your way about plans for organizing the U. S. Crop Corps. Radio's part in this campaign has been cleared with OWI. We hope you will cooperate with the local Extension Service agents who will handle Crop Corps recruitment and placement in your area.

This process of getting together won't stop at the harvest...there will be food to preserve, of course, by canning and drying. That means that veterans will have to help novices, and that pressure cookers and home dehydrators will have to be shared. Every man, woman, and child who's helping in the production of food must use food wisely and conserve it to win the war.

FOOD DISTRIBUTION ORDER NO. 50 - WOOL

Just to keep your records complete, FDO No. 50, effective April 25, was issued to assure effective distribution of wool for the fulfillment of war and civilian requirements. It requires that domestic wool which has not been sold by producers prior to April 25 be sold to and purchased only by the Commodity Credit Corporation. This order will stabilize prices for U. S. wool growers and aid in maintaining sheep numbers and wool production.

NEW POULTRY CEILING PRICES

Sweeping changes in poultry price ceilings and simplified regulations to facilitate enforcement have been announced by the OPA. Uniform prices are established for many types of poultry. Prices of drawn and quick-frozen eviscerated poultry items are reduced by as much as from 1 to 10 cents a pound. These are slightly offset by increases from $1\frac{1}{2}$ to 2 cents a pound for quick-frozen eviscerated broilers and fryers. The new prices were effective April 22. However, any person now in possession of dressed or quick-frozen eviscerated poultry supplies will be able to sell at the old prices until June 30, provided he files with his regional or state OPA office a complete inventory.

PRESSURE COOKERS FOR HOME CANNERS

Pressure cookers for 1943 canning needs will be rationed by State USDA War Boards and County Farm Rationing Committees. An applicant found eligible for a cooker is required to assure the Rationing Committee that it can be obtained if a purchase certificate is issued. Both rural and urban residents are eligible to apply for cookers. Applicants may be either (1) individual families; (2) neighborhood groups; or (3) organizations such as garden clubs, women's church or

school organizations, applying as an organization or group, members of which have agreed to share the use of the pressure cooker. The objective is to provide pressure cookers to those who will make the greatest possible use of them.

Most of the new pressure cookers will be "war" models -- enameled steel bottoms and tinplated steel tops. Nearly all will be the 7-quart size, that is, holding 7 glass quart jars, or 14 No. 2 tin cans. Material for 150,000 cookers has been approved by WPB. Pressure cookers are needed particularly in canning meats and non-acid vegetables like green beans and corn. Tomatoes, on the other hand, are an acid vegetable and do not require a pressure cooker for canning.

WHAT'S WHAT ON THE FRESH FOOD MARKETS

Here's what you can tell your listeners about the fresh fruits and vegetables on the markets this week. Fresh bunched carrots are plentiful on midwestern markets and they are the most reasonably priced vegetable at present. Larger supplies of green beans from Florida are now arriving and the flat Bountifuls are priced more reasonably than other varieties. Asparagus from California and South Carolina is now offered...and midwestern grown asparagus will be making its appearance soon. New Texas Bermuda onions are in fairly heavy supply but the crop is only two-thirds as large as last year. Old crop Irish potatoes are scarce. A few cars of new red potatoes from Texas are arriving daily, and the first car of long white potatoes from California reached midwestern markets last week. Celery, cabbage, broccoli, cauliflower and head lettuce are in comparative light supply at this time. The cabbage crop now coming to market is almost one-third lighter than last season.

Supplies of midwestern apples are much lighter...grapefruit and southern juice oranges are fairly plentiful. The Louisiana strawberry season is getting into full swing. Supplies will increase and prices usually decline as the strawberry season progresses.

PROGRAM NOTES

Coffee Stamp 23

It might be well to remind your listeners that the new coffee ration period, covered by Stamp 23, runs from April 26 through May 30. The OPA Administrator states that coffee drinkers can be positive of coffee rations at the present rate, and can even hope for a more liberal ration before long.

Tops for Food Jars

Tops may be available during the canning season for all the glass jars home-makers are saving these days. It isn't really safe though to promise that special lids for the small size jars will be available, since wartime situations may develop which will prevent these plans from being carried through. Suggest that women continue saving the jars in which commercially packed foods come, however, because those without the standard-size openings may be used for jams and jellies which can be sealed with wax, and covered with a lid that is not air-tight.

DIRECTIONS FOR COOKING DEHYDRATED VEGETABLES

The general principles to keep in mind when preparing dehydrated vegetables are: (1) Soak just long enough to plump, (2) Cook in the water in which soaked, (3) Simmer rather than boil, (4) Cook only until tender, (5) Use any left over cooking water, and (6) Season or combine in any recipe calling for the cooked vegetables.

Most dehydrated vegetables are improved by soaking, especially snap beans, dried beans, corn, potato slices or dices, squash, mushrooms, and tomatoes. The length of soaking is undoubtedly dependent on such factors as size of pieces, moisture content, variety of vegetable, stage of maturity when dried, the drying process and upon personal preference. Diced beets are plump in much less time than sliced beets.

Some dehydrated vegetables, however, require no soaking. Leafy vegetables such as spinach, kale, beet greens, and turnip tops may be dropped directly into boiling salted water and cooked in a covered pan until tender, about 10 to 20 minutes. Almost any shredded, finely cut or powdered vegetable, can be cooked without preliminary soaking. Some prefer the texture of cabbage soaked before cooking while others prefer the texture obtained without preliminary soaking.

Dehydrated vegetables may be put to soak in either cold or boiling water. The amount of water to use in soaking vegetables should be barely enough to cover the vegetable. There should be sufficient for reabsorption and cooking but not a great excess. Gently press vegetables down in the water so that floating pieces will be uniformly soaked with the rest. Keep the soaking period as brief as possible. Allow vegetables to soak only until they are plumped. Excess soaking results in a loss of flavor and aroma and provides an opportunity for bacterial growth. When long soaking is necessary, as in the case of dried beans, let

them stand in a cold place.

Salt may be added to vegetables during soaking, while cooking, or just before serving.

Vegetables which require soaking should be simmered in the soaking water in a covered pan until tender. Stir occasionally to keep from sticking. Add more water when necessary to keep from scorching. Ten to 30 minutes cooking is usually sufficient.

Some of the vitamins and minerals are soluble in water and therefore pass into the cooking liquid, making it desirable to use the liquid. It can often be used to advantage in sauces, soups, or gravies. Sometimes, the cooking water from some dehydrated vegetables may be so strong that it will be unpalatable although the vegetable itself is good.

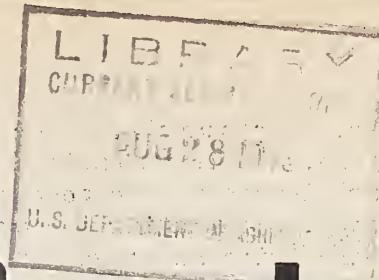
Cooked dehydrated vegetables should be seasoned to taste and served or used in recipes just as any other cooked vegetable would be prepared.

Cooking Dried Fruits

Wash the fruit and cover with water. Soak about one hour. Longer soaking may be needed if the fruit is very hard and dry like sour cherries and blackberries. On the other hand, thinly sliced dried apples and apple flakes may require no soaking at all. Too long soaking draws out much of the flavor of the fruit.

For dried fruit sauce, keep the soaking short and the cooking slow. Make use of all liquid in which fruit is soaked.

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Radio Round-up

on food...

A Service --
For Directors of Women's Radio Programs

5 S. Wabash Ave., Chicago, Ill.
May 1, 1943 -- No. 47

THE BLACK MARKET VS OUR SOLDIERS AND SAILORS

Does the black market in meat affect the meat supply for the Army and the Navy? The answer is yes. Army and Navy meat supplies depend on the fluctuations of the civilian market, and they are, therefore, subject to shortages brought about by black market operations. The Army buys for both services, which removes the element of competition for food by the two services. Both services, however, must guide their purchases by the quantities set aside for military use by the Food Distribution Administration, which of course, amounts to rationing.

The 1943 requirements of the Army alone are estimated at about 2-3/4 billion pounds, which figures out to slightly more than four-fifths of a pound of meat per day for each soldier...to this is added an allowance for loss from cargo ship sinkings, and other losses brought about by war.

The Army has to feed military personnel at home and abroad, and the Navy has the even more difficult task of provisioning ships on the seven seas. Supplies for the armed forces depend on well-balanced normal markets...black market operations, however, mean unbalanced markets. Therefore, civilian patronage of black markets in meat should be recognized for exactly what it is...one very effective means of sabotaging the meat supply of our own soldiers and sailors.

DANGER IN THE RHUBARB PATCH

This spring has brought about increasing interest in the use of various plants for food. Many common field plants, sour dock, dandelion, and other less familiar ones...some of which we regard only as weeds...are being suggested as greens. There's an element of danger in this, however, and you broadcasters might well suggest to your listeners that they know their greens before eating them! We heard very recently of a homemaker, who, bringing home from the market some succulent pink spring rhubarb, decided to try a little experiment with the crisp, green leaves at the top of the stalks. The small ones looked so fresh and appetizing that she washed them and tossed them into the pot of greens she was cooking for

US Department of Agriculture

Food Distribution Administration

dinner. Fortunately, before serving them, she mentioned to her husband what she had done. He is an employee of USDA, and remembered having heard somewhere that rhubarb leaves are poisonous...therefore, regretfully, they threw away the greens untasted, not wanting to take any chances. The following day, the husband made some inquiries and turned up the following interesting information, quoted from USDA Leaflet No. 126, titled "Rhubarb Production".

"Poisonous Qualities of Rhubarb Leaves"

"The succulent acid leafstalks of rhubarb make most excellent sauces and pies, and the question often arises about the use of the leaf blades for greens. Numerous cases of more or less serious illness and some fatalities have been reported in both Europe and North America from eating rhubarb leaves. These leaf blades were eaten boiled in the belief that they were a suitable substitute for the common greens, but owing to the high content of oxalic acid and its soluble salts found in rhubarb leaves it is recommended that they be left entirely alone and not used under any circumstances as food. In the stalks, however, the oxalic acid is present in smaller amount and largely in insoluble form, and for this reason is harmless."

Nothing could look more innocent than a rhubarb leaf, certainly, and we suggest that you give wide circulation as to the truth about its real nature!

DO YOU KNOW YOUR MEAT?

You probably were told, while you were growing up, that it's not always safe to judge by appearances. Certainly it isn't always a reliable means of arriving at a decision, as you've doubtless learned. Take the matter of picking out a good piece of meat, for instance...and these days we all want to make a choice that will give us full value for both our money and our point stamps. Suppose you were given your choice of three cuts of beef, and asked to select one without regard to price. The first cut is a bright red color, with an abundant coating of thick, firm, white fat and an extensive marbling of fat through the lean. Cut number two has a moderately thick fat covering, white or creamy white in color, and a moderately extensive marbling of fat through the lean...the color may range from pale red to deep red. Then there's cut number three, which has a slightly thin and creamy white covering of fat, with some marbling through the lean...the color may be anywhere from a light red to a slightly dark red.

If you're like the majority of the people with whom tests have been conducted, you'll choose the last of these three as the most desirable, largely because it has less fat than the other two. At the International Livestock Exposition in Chicago back in 1938, three such cuts of beef were shown, and over 1600 people asked to vote by ballot for their preference. Over 54% were in favor of the leanest cut shown, which would have graded Commercial to Good; 31% were in favor of the second best cut, which would have graded Good to Choice; only the remaining 15% picked the best, or Prime cut. Similar tests were made at other expositions, with similar results.

Possibly it will console many of your listeners, especially those who find limited stocks of meat in their butcher shops, to know that even if the very finest cuts of meat were available, the chances are about even that the average person wouldn't choose them, judging by appearance only.

PRICES AND POINTS

Prices and points must come down together...that's what an amendment to Ration Order No. 16 says. No. 16 is the important order on meats, fats, butter, cheese and canned fish, you know. This amendment provides that a retailer must lower the price of an item at least 25% below its established ceiling price before he may lower a point value. If the point value is lowered more than 25%, the selling price must be reduced proportionately below the ceiling. The retailer is not required in any case, however, to reduce the money price more than 50% below the ceiling. The ceiling and reduced money price must be posted along with the reduced point value.

For their own protection, it's well for consumers to be aware of this fact, and you'll probably want to incorporate it in some of your programs.

BUTTER-CHEESE ORDERS REVISED

With the idea of avoiding civilian shortages of these two important foods next winter during the low production months, the War Food Administration has increased the percentages of each to be set aside for Government purchase during May, June and July -- the high production period. The original order called for 30% of the butter to be set aside...this has been increased to 50%. The amount of cheddar cheese to be set aside has been increased from 50 to 70%.

During the period of seasonal decline, August to November, these new percentages will probably be decreased sharply. Thus a large part of the butter and cheese produced at this time will be left for civilian consumption exclusively.

MORE SPICES FOR HOME CANNING --

Amendment No. 2 -- FDO No. 19

This year there will be an increase in home canning and preserving of products from Victory Gardens and expanded farm gardens. To prepare for the spice needs of those products, the War Food Administration announced that wholesalers' and manufacturers' quotas of black and white pepper, cinnamon, and all-spice will be increased.

The quota for black and white pepper was formerly 45 percent of the corresponding quarter of 1941. Amendment No. 2 raises the quota to 60 percent. The quota percentage for cinnamon (cassia) was increased from 30 to 40 percent. As the supplies of all-spice -- a spice produced extensively in the British West Indies -- have recently increased, the quota level was raised from 100 to 115 percent.

However, there has been no change in the supply of black pepper and cinnamon, the spices normally obtained from the Far East. In order to maintain a desirable supply level, it is contemplated that the black and white pepper, and the cinnamon quotas will be reduced during the last two quarters of the year.

FOOD DISTRIBUTION ORDER NO. 51 - MOLASSES

Under FDO 51 issued April 26, restrictions on deliveries and usage of edible molasses will be handled by the War Food Administration, transferring control of the product to that agency from the WPB.

SOMETHING OLD IN A NEW WAY

Supplies of vegetables on the fresh food markets are lighter this year than last. But homemakers can make the best use of those foods that are available by using their imagination. There are many different ways to prepare several of the vegetables that are now offered at local markets. Asparagus, for instance, can be French fried, or creamed and served on toast, besides the most common way of serving it just plain boiled. And cold asparagus on a bed of lettuce along with hard-boiled eggs is a good spring salad. Carrots are one of the most versatile of all vegetables. Raw carrots are ideal for salad purposes. Breaded carrots or carrot sticks, or fried carrots and apples are an interesting variation for everyday menus. The old favorite -- carrots and peas -- will probably appear on more dinner tables at this time, since adequate supplies of both carrots and fresh green peas are offered in most markets. Many varieties of greens, especially spinach, are found on the markets these days. Spinach in a salad is delicious. Spinach goes well with tomatoes, celery, onions. More Texas onions are on the markets...and here's where your listeners can really "go to town" in thinking up new ways to serve them. Onion soup is a favorite with discriminating diners. Onions are a good salad item, too -- teamed up with chopped greens, radishes, or tomatoes. An onion sauce goes a long way toward peppering up an otherwise bland dish. By giving your listeners a few suggestions here and there you can start the ball rolling...and they will probably find it fun to think up new ways of serving vegetables to tempt their family's appetite.

PROGRAM NOTES

Facts About Fish Cookery

From that new Fish & Wildlife Service bulletin "Wartime Fish Cookery" (mentioned in RADIO ROUND-UP of March 20), come a few hints which you may like to pass on to your listeners.

Servings of fresh or frozen fish products are generally based on portions of one-third to one-half pound of the edible part per person.

Many people believe that eating sea foods in combination with milk or milk products will result in illness. This is a fallacy, of course, since for many generations now, fish chowder, oyster stew, creamed fish, and a variety of other fish dishes using milk have remained popular. If illness should result from such combinations, it is only reasonable to suspect that at least one of the ingredients was either spoiled or contaminated, and not fit for food.

To remove any fish odor, wash hands or dishes in strong salt water, and rinse them well before using soap.

Point Value Bargains

Being business women yourselves, you broadcasters probably already have rejoiced over the recent cut in point value of those two meal-time life-savers... frozen foods and canned soup. It's comforting to have a few packages in the freezer of the refrigerator, and cans on the pantry shelf, to help out those nights when you're later than usual getting home to start dinner. These days, when women are working at all hours of the day or night, you're almost sure to catch a number of them at any broadcast time, and suggestions about getting meals in a hurry are sure to be appreciated.

Pationing Reminders

While red stamps A through D expired on April 30, the E stamps, which became valid on April 25, can be used throughout the month of May. Some shoppers may be confused about this, and it will doubtless help them to have you explain it sometime during this week. One set of red stamps will become valid each Sunday during May.

Blue stamps G, H, and J are good throughout the month of May, and in case anybody's wondering what became of the letter I, you might explain that this was omitted from the series because of the possibility of confusing it with the figure 1. And don't overlook the fact that we're starting on the second page of blue stamps, on the right-hand side of the book. We'll hope nobody will be absent-minded about it and tear out the wrong stamps. Remember.. the storekeeper may not legally accept loose stamps, even if they were torn from the book through error. (This, of course, does not apply to the 1-point red stamps which sometimes are given in change.)

Earthenware to the Rescue

Ceramic bottle and jar tops are now being manufactured to take the place of critical materials formerly used for this purpose. A great many closures in the smaller sizes for prescriptions and drugs are needed, and a tremendous number for toiletries and cosmetics, as well as food, liquid wax and other household items. This has brought about a new industry, in which four ceramic manufacturers are already engaged. An interesting feature of it is the ability to produce these earthenware tops in almost any color or combination of colors, and to incorporate designs in the closure. WPB announces that these closures may be made by ceramic plants with relatively little additional expense and without additional machinery.

More Waste Fats Essential

The nation's meat dealers have been asked by the WPB to give all possible support to the Government's fat salvage program. Donald Nelson said: "It is absolutely necessary that we obtain a minimum of two hundred million pounds of waste kitchen fats in 1943. At the present time, collections are running at only about half this rate." You can help by reminding housewives frequently that the meat dealers are turning in every bit of fat which they receive from the kitchens of America, and it's up to the homemaker to salvage every drop not needed in her own kitchen.

How About Potatoes in the Victory Garden?

USDA's garden specialists advise that the best time to plant white potatoes is past in most of the southern part of the country, and that the average Victory gardener with a small garden will be wiser to use his ground for such vegetables as tomatoes, beans and carrots anyway. These produce plenty of food in a small space and are easy to raise. The white potato is a bit more temperamental...requires a good seed...in many sections needs a lot of fertilizer. It's encouraging that the reports on prospects for this year's white potato crop indicate that a greater acreage will be planted than last year...so the Victory gardener probably will be able to buy all he needs at his neighborhood grocery.

NEW POINT VALUES FOR MEATS, FATS,
FISH AND CHEESE

You've doubtless studied the new table of consumer point values for meats, fats, fish and cheese, and are aware of the 25 reductions and the 16 increases, all of 1 point each. Inasmuch as most of the reductions are on veal and pork variety meats, you broadcasters can help by featuring these on your programs. Many homemakers consistently overlook their high nutritional value. They are excellent sources of high quality proteins, certain essential minerals and vitamins. Liver, for example, is an important protective food. Pork liver, however, is not only more economical in price than calf liver but contains vitamin A, the three B vitamins, and iron. Recipes and suggestions for the use of all the variety meats should certainly form a part of your programs these days.

The reduction of salad and cooking oils from 6 to 5 points is also welcome news. So is the complete removal of the convenient bouillon cube from the ration list.

The increase of one point on several steaks and roasts of beef, veal and pork makes these even more of a luxury for the average person, of course. The broadcaster who suggests the appetizing use of the cuts which are lower in point value as well as in price is doing listeners a real service.

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For Directors of Women's Radio Programs

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U. S. DEPARTMENT OF AGRICULTURE

Radio Round-up

on food...

5 S Wabash Ave., Chicago,
Ill. - May 8, 1943 -- No. 48

THREE SQUARES A DAY FOR THE YOUNGSTERS

Dr. Thomas Parran, Surgeon General of the U. S. Public Health Service, and Dr. W. H. Sebrell, Associate Chief of the Nutrition and Food Conservation Branch of FDA, appeared on a recent radio program in a discussion of food for the working adolescent, and brought out some very interesting and important facts. Dr. Parran recalled that about one-fourth...yes, he said one-fourth...of the 18 and 19-year-olds examined under Selective Service were found to be unfit for military duty, and that many of these rejections are undoubtedly due directly or indirectly to poor nutrition. He pointed out, too, that these youngsters grew up in an era of peace and relative plenty, and said he wondered what would be the physical condition of our wartime youth a year from now. Calling attention to the fact that two million boys and girls between the ages of 15 and 18 are at work today, and that when the schools let out for the summer, there will be many more, Dr. Parran said: "Food for these adolescents must provide the energy not only for their regular growth. It must provide for the extra demand their work will make on their bodies".

Dr. Sebrell then said: "I am sure that not enough parents give proper thought to the health of these youngsters. Of course, we don't want to hold back the young people anxious to get into war work; but we do want to make certain they are fit to do a good job, and that the work will not undermine their health".

Dr. Parran agreed with this statement, saying: "You are certainly right there Dr. Sebrell. A great many fathers and mothers today worry about their boys in the Armed Forces, but give too little thought to the safety of the younger brothers and sisters working on the home front. They have less cause, really, to worry about the health of boys in the service. Our teen-age soldiers and sailors are the best-fed youth in the world. I am not so sure of the youngsters at home".

Dr. Sebrell's rejoinder to this was: "Yes, I'm afraid we're falling down on that job. But we don't need to. All we've got to do is make sure our boys and girls get three square meals a day".

You broadcasters can help to meet the problem of three square meals a day by presenting suggestions for good nutrition and properly balanced meals.

US Department of Agriculture

Food Distribution Administration

BUTTER'S WORTH EIGHT POINTS EVERYWHERE

One way in which you broadcasters can be of real service to your listeners is to make sure they understand all the rationing rules and regulations. For instance the family which has been buying butter and other dairy products from a farmer in the country for years may be continuing this practice...transportation difficulties allowing. We're wondering whether every such family and every such farmer understands, however, that an 8-point red stamp must be exchanged for every pound of butter purchased. The transaction which takes place outside of the regular market seems so much less formal that there might possibly be a misunderstanding. A pound of butter is worth 8 points wherever it's sold...and if those 8 points aren't given to the seller (for him to turn over to his local Rationing Board, of course) then the purchaser gains 8 points to which he really isn't entitled. This means an unbalancing of the rationing program, and is, in effect, a black market transaction.

SPEAKING OF THE BLACK MARKET...

The black market in meat continues, in spite of the strong feeling against it on the part of the great majority of citizens. There's not much to be learned about the black market when you try to look it up in reference books, encyclopedias and such, but from various sources we've heard that whenever there's been a food shortage, for any reason at all, from ancient times to the present, a black market always has sprung up. There are always people who'll stop at nothing to make money, who'll encourage human weaknesses and desires, who'll place profit above patriotism.

We've told you, and you've read and heard from many sources, about the unsanitary conditions under which some of the black market meat is produced, about the criminal waste of valuable food and by-products which takes place, and about the unbalancing of the food program which results from this illegal traffic. We've explained the slaughter permit regulations, the rules governing the use of red stamps by consumers, the importance of observing ceiling prices on meat. You've doubtless used all this material in broadcasts from time to time, and have called on both retailers and consumers to cooperate in the effort to stamp out the black market.

How about making a straight patriotic appeal...bringing the matter home to your listeners by making it very personal? There aren't many families now who don't have some relative in the armed services...and it's hardly possible that there's any listener who doesn't have at least a friend in uniform. Ask your women listeners whether they begrudge that soldier-son the meat he needs to keep his hands steady and his eye clear in the steaming jungles of New Guinea or the desert outposts of Tunisia. Ask them whether they want that sailor-husband to face short meat rations on the long cold run to Murmansk. That daring young man in the P-38...he might be anybody's sweetheart...needs to have a good, hot meal with meat when he comes back to earth after a hard day's work in the clouds.

If the "factual approach" has left your listeners cold...if they're not in the mood for sharing with their neighbors...if the country's war effort plays second-fiddle to their own petty preferences...then perhaps you need to shock them awake. It might be worth trying.

BEEF QUOTAS SUSPENDED

You've probably read about Amendment No. 2 to Food Distribution Order 27, which suspended for the month of May all temporary beef quotas and increases in beef quotas for butchers and local slaughterers. This amendment has two purposes.. first, making more beef available to the Armed Forces (which in some cases have been unable to meet pressing requirements)...secondly, providing a more even distribution of available civilian supplies.

As you probably know, the temporary increases in butchers' and local slaughterers' quotas were granted under certain emergency conditions, with the idea of relieving local meat shortages. They accomplished this end in many instances, but they also resulted in the diversion of beef cattle away from slaughter houses on which Government agencies, including the Armed Forces, have to rely. This in turn resulted in a cut in the supply of beef available for Government purchase and for those consumers who depend primarily on inter-state shipments.

In the long run, beef will be much more fairly distributed on a country-wide basis, though some areas now receiving beef largely from local slaughter may experience a slight reduction in supply. The situation should improve as the beef now going into local slaughter makes its way to consumers through normal commercial channels.

COMMUNITY CANNING SUCCESS STORY

Here's an interesting story from Princeton, N. J., which may prove an inspiration to any group planning a Community Canning project...we present it for any use you care to make of it.

A committee was formed from all the local organizations interested in canning. hospitals, schools, Red Cross Disaster Relief Committee, garden clubs, etc. Here's the way the activities were divided up, in the words of the Chairman of the Community Canning Kitchen:

"The Garden Club financed the project.

The Borough furnished garbage disposal and transportation when needed.

The Nutrition Committee of the Defense Council cooperated in innumerable ways

The local newspapers gave us free space for advertising.

The Boy Scouts and the students of Princeton picked fruit.

The labor was all voluntary, not a penny being paid for it. Morning and afternoon shifts were formed from a cross section of the women of Princeton. The kitchen was operated from July 1st to August 28th, from nine to six o'clock, every day of the week except Saturday and Sunday. All the produce that was canned was donated from private gardens, except the very small percentage that was brought in by individual women to can for their own use."

2,632 containers of various sizes were put up, of which 2,009 were donated to the schools, the hospital, the Disaster Relief Committee, and to the Welfare and Social Service Departments...11 organizations in all. The following foods were put up: Apples, apple juice and sauce, and crab apple jelly; beets; carrots; cauliflower; corn; shelled, string, lima and wax beans; Damson Jam, grape juice, jelly and butter; peas; peaches and sauce; plum jelly and marmelade; raspberries; tomatoes, juice and chili sauce.

In addition to the domestic science equipment and facilities, which the Board of Education allowed them to use, one 7-qt. pressure cooker and three 7-qt. water baths were purchased. Four various sized pressure cookers were borrowed from individuals.

(continued)

The chairman reports that spoilage was negligible, not more than 20 jars having proved unserviceable. All recipients of canned goods were warned, of course that food must be cooked for ten minutes before using. She went on to say: "We feel that the kitchen proved to be of inestimable value to the community, and that the work will be much greater this summer as a result of the point rationing of canned goods, and the Victory Garden program....We expect to have one paid worker who will be there every day, as we feel we must be sure of consistency in the method of handling the increase in production. We are a little concerned about pressure cookers, as many people who loaned their cookers last year do not feel that they can spare them or run the risk of wearing them out with no chance of replacing them. However, we have applied to our local Home Demonstration Agent, who is familiar with the kitchen's work last year, and she will do all she can for us."

In connection with this, you'll doubtless be interested to hear that two programs are under way for the establishment of community canning enterprises. The first plan involves the transfer of existing WPA food preservation equipment to FDA regional offices, which has been completed. This will remain in the hands of the sponsors of community feeding and community food preservation groups, on a loan basis. Equipment now in warehouses will be allocated through the regional offices of FDA.

Under the second plan, new equipment in the institutional or hotel size (which is being manufactured from steel allotted for this purpose), will be sold to communities who want to buy. Applications must be made by groups desiring this equipment, and allocations will be made to the regions on the basis of their need and what they already have on hand. The County Extension Agent and the State FDA supervisors will handle the applications for priority ratings.

We may as well face the fact that the supplies of canning equipment will be inadequate to meet the demand, which means that they must be used as effectively as possible. You will note, in the Princeton story, that mention is made of the fear that people who loaned their cookers to the community kitchen last year may not want to do so again this year. It's true that such use of home canning equipment is very hard on it, and for that reason, the institutional or hotel size is much more practical for community service. Wherever it is possible to obtain this, it will be well to do so, and reserve the home equipment for neighborhood use.

FOOD DISTRIBUTION ORDER NO. 52 - CORN LOANS

To complete your records, FDO 52 requires all producers having loans on 1938, 1939, 1940 or 1941 corn will be required to redeem their stocks for delivery to the Commodity Credit Corporation by July 1. The order was issued to improve distribution of corn among manufacturers, feed mixers and feeders by limiting stocks they may purchase and deliver. This action is being taken to prevent an accumulation of heavy stocks of corn by one user at the expense of another.

HOME CANNERS -- TAKE NOTICE

Watch for news on home canning to be released on Monday, May 10, by OPA. This will cover the regulations regarding sugar, the selling of home canned goods, community canning enterprises, and so forth. We'll give you more information in the next RADIO ROUND-UP.

WHEN YOU BUY ICE CREAM

If an ice cream dealer refuses to sell you ice cream unless you buy a certain amount of sherbet along with it, and tells you it's a Government regulation -- he's not only telling an untruth, but is doing something which has absolutely no legal basis. Tie-in sales are definitely prohibited by the OPA, unless such sales were a trade practice in March, 1942. Therefore, no dealer can require a customer to buy sherbet in order to get ice cream in bulk, or a sundae in order to get a dish of ice cream, unless he's been doing that for a year or more past. The number of stores in which this has been a practice is certainly very limited, if there are any.

We've heard that some dealers are saying that this is a part of the ice cream order, issued early in the year by the USDA. As you doubtless realize, the purpose of this order was to save milk. In effect, it cuts the amount of ice cream which can be manufactured, in order to provide more fluid milk, and more of other important dairy foods. It contains no provision for any form of ice cream rationing, and any action of this kind is something the dealer does on his own responsibility.

DESTROY OLD RATION STAMPS

Tell your listeners to destroy any unused red or blue ration stamps after the expiration date has passed -- we've just learned that some dishonest retailers have taken those stamps from the books of customers and used them to build up their own inventories. If the stamps are not used before the expiration date, they should be torn out by the bookholder, and destroyed. Remember, unused ration stamps mean more rationed food made available to those who need it. It might be well to remind consumers that they're actually doing the country a patriotic service by using fewer than their allotment of ration stamps.

THE FRESH FOOD SITUATION

More southern states are now shipping fruits and vegetables to midwestern markets as spring advances. Although it is too early for very much home-grown produce to be on the markets, the homemaker does have quite a selection from which to choose this week. Strawberries are now coming from a number of states including Arkansas, Tennessee, Alabama, as well as a few from Florida, Louisiana and California. Supplies of strawberries will increase on the markets during the next few weeks.

Heavier shipments of asparagus from midwestern growing districts are offered on local markets. Arrivals of asparagus from nearby should increase during the next week or so. Shipments of green beans from southern growing districts are gradually increasing...and more cucumbers and green peppers are available. Head lettuce is scarce due to smaller acreage...and unfavorable weather earlier in the year has greatly curtailed shipments of fresh cabbage. Most old crop potatoes have been marketed and supplies of new stock are light. Potatoes are expected to continue in very light supply for the next two or three weeks. New crop onions from Texas are fairly plentiful, but the harvest in that state is almost over and supplies will be lighter again before midwestern grown onions reach the markets. Most relish vegetables, including celery, are in rather light supply. Southern grown radishes are fairly plentiful on most midwestern markets.

Vegetables in heaviest supply at this time are carrots, green peas, spinach and green beans.

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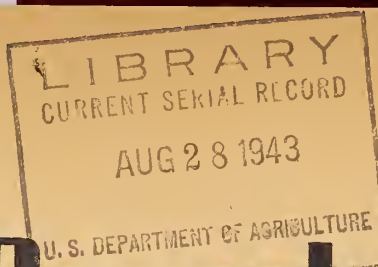
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Radio Round-up on food...

A Service --
For Directors of Women's Radio Programs

5 S. Wabash Ave., Chicago, Ill
May 15, 1943 -- No. 49

HOLDING THE LINE

The President's hold-the-line order is behind the OPA program recently launched, under which orders were issued in 130 metropolitan centers establishing cents-per-pound prices on more than a score of principal food products. These affect the smaller independent retailers, and you should watch for the community-wide, dollars-and-cents top prices which will be established for the large stores, certainly by the end of May.

The setting of dollars-and-cents ceilings, effective May 17, for every store in the country selling beef, veal, lamb and mutton, was the second phase in the hold-the-line program. The third phase will bring the rollback of prices early in June on those meats, plus coffee and butter.

Before this reaches you, additional community-wide prices may have been announced on principal kinds and brands of canned vegetables and fruits. These prices will be set for all sizes of stores.

The OPA Administrator says that the establishment of flat, community-wide prices is the biggest step yet taken in decentralizing and simplifying price control. He points out that this action puts the enforcement of food price ceilings in the hands of the housewife, and of the price panels rapidly being added to the local war price rationing boards. He recommends that every shopper clip from the newspaper the lists of community price ceilings, and check these against the prices she is asked to pay. Violations should be reported to the price panels for investigation.

SUGAR FOR HOME CANNING

With the announcement of the amount of sugar available for home canning this year, you broadcasters will want to assemble all the most practical information on home canning and preserving, in order to pass it on to your listeners. A top limit of 25 pounds of sugar per person is allowed under the new OPA regulations, which go into effect on May 15. The basis of this allotment is practically the

US Department of Agriculture
Food Distribution Administration

same as last year...that is, one pound of sugar for each four quarts (or eight pounds) of the finished product. The 25-pound figure is a maximum, however, and it is not expected that a great many families will apply for as much as this. Since sugar is such an important rationed commodity, every homemaker should estimate her family's needs carefully before making application. Within the 25-pound per person limit, application can be made for sugar to put up jams, jellies and preserves at the rate of five pounds per individual. You will recall that last year, sugar for preserves was limited to one pound per person. The reason for this increase is the expectation that these products can be used more extensively as spreads for bread, and thus stretch the butter and margarine ration.

Another change in the system is the making of sugar allotments in the form of "Sugar Allowance Coupons", in denominations of 1, 3, 5, and 10 pounds. This will enable the housewife to spread her sugar buying over the entire canning season. Each Sugar Allowance Coupon will be marked with the serial number of War Ration Book One, and this book must be presented to the retailer for checking whenever one of the Coupons is used. Unless the numbers on the books and the coupons correspond, the sale cannot be completed. This, of course, will protect the homemaker in event she loses a coupon, or has it stolen from her. (See late flash on page 7)

Written applications may be made to local rationing boards on and after May 15. No special form is required unless it is planned to sell the home product. Applications may be made in person or by mail. The following must be furnished by the applicant:

1. A copy of War Ration Book One for each person for whom home canning sugar is requested.
2. The total number of quarts or pounds of finished fruit to be put up.
3. The amount of sugar to be used for making jams and jellies.

The Board will record the number of pounds of sugar granted each person on the cover of his or her War Ration Book One. This is much simpler than last year, when housewives were required to fill out an official form in considerable detail.

A list of questions and answers on home canning will be found in this issue of RADIO ROUND-UP, which may help you in answering the spoken or unspoken questions of your listeners. These also cover the questions of gifts of home canned foods, and their ration value, in event they are sold.

And while we are on this subject: if you have not already done so we suggest you write to the Extension Service of your State College of Agriculture for bulletins on home food preservation -- canning, drying, brining, etc.

PECTIN PRODUCTION UP

Fruit pectin, that handy helper of the home jelly and jam maker, is expected to be available in sufficient quantity to meet civilian needs in 1943. At a recent meeting of FDA's Pectin Industry Food Advisory Committee, it was pointed out that the production of pectin this year is the equivalent of approximately 6 million pounds of the powdered product, nearly twice the normal output. Government requirements will be less than half of that amount, which should mean plenty of pectin for home jelly making. You'll probably want to pass this encouraging fact along to your listeners when you're talking about the new sugar allotment.

NEW CEILINGS ON MEATS

Monday, May 17, is the day the cents-per-pound ceiling prices for specific cuts and grades of beef, veal, lamb and mutton, become effective all over the country. OPA has divided the country into ten zones, and each of you broadcasters will want to become familiar with the price schedule in your particular zone. You'll find that the prices of all beef steaks and roasts and several types of beef stew meat are reduced from those established in the original regulation. Lamb and mutton prices are reduced in some instances. Retail ceilings for wholesale cuts are lowered for each of the three kinds of meat. Prices of veal cuts and of beef hamburger are unchanged. Additional cuts of beef, veal, lamb and mutton are given specific ceiling prices for the first time.

As stated elsewhere in this issue of ROUND-UP, these ceilings will help to hold the line, according to the policy established by the President's order of April 8. It is estimated that these ceiling prices will effect a slight reduction in the retail prices of meat, as shown in the February cost-of-living index, and the decrease from March and April index prices will probably be even greater. Maximum pricing by zones for the five grades of meat is established for two broad divisions of retail stores. Prices are a bit higher for the smaller stores with higher operating costs.

The specific prices are tied to five grades of meat, and dealers are required to post the grades of meat they display, and to segregate the various grades in their store displays. This will enable consumers to check the ceiling prices, and will certainly do much to prevent hidden price increases. It will also make possible a much easier enforcement of the price regulation, and in this way will help the consumer to recognize a black market in meat.

Meat grading has been carried on by the Department of Agriculture since 1926. The wholesale prices of meat are fixed according to grades by OPA and prices for different grades are fixed at retail. You might well tell your listeners to check on the following points when buying meat:

1. Look for the quality grade stamped on the meat -- if you do not see it, you can ask to see the grade stamped on the larger piece from which your cut was removed.
2. The letter-grade indicates that the meat was graded and stamped by a slaughterer; this stamp is required to appear only once on each wholesale cut. The grade-name, preceded by "U.S." means the meat was federally inspected, graded and stamped by officials of the USDA.
3. The round purple stamp on the meat saying "U.S. INSPECTED" means the meat was approved for food when it left the packing plant.
4. The slaughterer's permit number must appear on all meat not federally inspected.
5. Always compare the price and grade of the meat you buy with the ceiling price list posted in the store.

Following is the list of USDA grades and equivalent OPA grades:

KIND OF MEAT	USDA GRADE	OPA GRADE
Beef, veal, lamb	U.S. Choice	AA
Beef, veal, lamb	U.S. Good	A
Beef, veal, lamb	U.S. Commercial	B

(more)

KIND OF MEAT	USDA GRADE	OPA GRADE
Beef and veal	U.S. Utility	C
Lamb	U.S. Cull	C
Beef	U.S. Cutters	D
Beef	U.S. Cannors	D
Veal	U.S. Cull	D
Mutton	U.S. Choice	S
Mutton	U.S. Good	S
Mutton	U.S. Commercial	M
Mutton	U.S. Utility	R

Cutter grade in beef is available in a limited quantity to consumers at some markets, chiefly in rib or loin cuts, occasionally in round steak. Canner, as its name indicates, is used almost exclusively by commercial processors for canned products, bologna, and similar items. Cull grade in veal, lamb and mutton corresponds in grade and use to both cutter and canner in beef.

OPA has announced, in connection with these price ceilings, new lamb and mutton grades, which, in general, are designated the same as in the case of veal. One new class, however, namely yearling, now appears for the first time in the lamb and mutton grading category. You may want to remind your listeners that, in general, lamb is meat from an immature sheep, up to one year old; yearling is from a semi-mature animal, one to two years old; mutton is from mature animals -- those over two years old.

SOYA AS A HOME FRONT FOOD

You've probably been hearing about soya products we are sending to the hungry people of Greece, Russia, and other countries, and perhaps wondering what is being done about these products for our own people. In a radio broadcast Mr. Don Payne, Senior Technologist of the Grain Products Branch, USDA, recently told homemakers that they could not expect any great volume of soya products until the fall. However, plans are being made and expansion is predicted.

Mr. Payne said that the Department aims to get soya products in stores all over the country just as fast as it is possible. It is too early to say just what the manufacturers will put on the domestic market. But from present plans -- some of the mixes will be in our stores -- maybe breakfast cereals, soups, pancake mixes -- maybe biscuit preparations too. There should be soya flour and soya grits in the stores too. There will be two types of flour...some with all of the natural oil of the beans...some of a low fat type, which means most of the oil has been removed in the processing. Of course, the oil will be used for other wartime purposes.

Grits are simply flour in a coarser form. Homemakers will mix them with other foods -- much the same way that food companies will use soya in the prepared mixes. Homemakers will probably use the soya products in quick breads, gravies, stews, with breakfast cereals, and meat loaves. They will not use them in place of wheat, rye, or any of the now common flours. The main purpose of soya flour is to build up the protein of other foods.

According to Mr. Payne, the story of soya products is definitely one of nutrition. Soya products are packed with high quality protein -- that means they're the type of foods children need for good growth -- the type adults need to keep muscles and tissues the way they ought to be. The harder the work for war workers,

and soldiers, the more high quality protein foods they need. This is all part of the reason we're trying to make just as much of the soya products as possible available for the United Nations and the folks at home.

As for an actual prediction of soya products that will be available for home-makers, it can only be an estimate. By the middle of the fall the increase should start. The nation's capacity for making these products is at present only about 400 million pounds annually, and all of this, or almost all, has been required for shipping. But by December, according to our expansion program, the capacity will be one billion 400 million pounds annually. A reasonable amount of this will go for domestic uses -- the rest for the armed forces and Lend-Lease. Most of the plans for this expansion are already made and homemakers in our own country may expect to have the products to serve to their families within a few months.

FOOD WHEN WE NEED IT

The essential purpose of each Food Distribution Order is to distribute food supplies in the best manner possible, and we think you may like to tell your listeners this once in a while. It's often difficult for the average consumer to make a direct connection between a Government order and her own personal affairs. For instance, FDO 17.1, issued recently, provided in general that all the raisin variety grapes grown in the raisin belt in California be converted into raisins. These are considered extremely important from a military standpoint, because they're a food which can be shipped and stored easily. If it had not been for this order, many of these raisin variety grapes would have been used for wine, or perhaps sold fresh. Now, however, they are directed into a channel in which they will contribute much more food for our fighting men.

One of the earliest orders issued, FDO 3, is another example of the purpose of food orders generally. You may remember that one provision of this order prohibited canners from selling canned grapefruit juice during the first three months of the year, while there was plenty of fresh grapefruit. Now that there's less of the fresh fruit in the market, however, we're glad to have the canned juice to fall back on. The heavy demands of civilians as well as the military on our food supply makes this type of regulation increasingly important.

QUESTIONS AND ANSWERS ON HOME CANNING

Q. Does the sugar allowance of "one pound of sugar to each four quarts of finished fruit" mean that I must can all fruit with the same weight of syrup?

A. No, but you must make an average of four quarts of finished fruit for each pound of sugar you get. You may, if you wish, put up some of your fruit or fruit juices with no sugar at all, and make a heavier syrup for certain others.

Q. Must I declare the number of quarts of fruits and vegetables I have on hand when I apply for sugar for home canning?

A. No. However, the available supply of sugar for home canning is limited, and local boards may ask for information about your supplies and needs of home-canned fruit in deciding how much sugar you will receive for this season's canning.

Q. Why are sugar purchase coupons being issued in small denominations of 1, 3, 5, and 10 pounds?

A. To encourage consumers to buy sugar only as they are sure they need it. This will help save limited supplies of canning sugar, and at the same time make shopping easier for women who can and preserve in small quantities.

Q. May I ask a friend who has a pressure cooker in her kitchen to do my canning for me, if I supply all ingredients, and get back all of the finished food she puts up, without surrendering ration points?

A. Yes. If you contribute either the ingredients or the equipment or part of the labor required to can fruits and vegetables, you may acquire them without surrendering ration points.

Q. Must I give up ration stamps for canned foods which the local cannery processes for me, if I supply the ingredients?

A. You may acquire 100 quarts of such foods point-free for each person in your family, if you or your family raised the fruits or vegetables. However, these foods are considered commercial products, and if you acquire more than the 100 quarts per person, or if you wish to sell them, you must pay and collect points for them at the point value of commercially canned foods -- as given on the Official Table of Point Value of Processed Foods.

Q. May I give away as many quarts of home-canned vegetables as I wish if they require no sugar in canning them?

A. No. But each person in your family may give up to 50 quarts of home-canned fruits and vegetables without collecting ration stamps. If you wish to give away more than that, you must collect ration points from the person to whom you give them, although you need not ask for money payment for this food unless you wish.

Q. How many jars of jams and jellies may I give away?

A. Jams, jellies, and preserves are not rationed, and you may give away as many jars as you can spare out of your allowance of five pounds of sugar.

Q. What is the point value of home-canned food?

A. Home-canned food has a point value of 8 points per quart and 4 points per pound or per pint.

Q. May I sell canned fruits which someone else puts up for me?

A. Yes. But you must collect ration stamps at the rate of 8 points per quart for every sale you make, regardless of who does the canning.

Q. I usually can several hundred quarts of fruits and vegetables to sell through the local farmer's market. May I continue to do so under rationing?

A. Yes. You may continue to sell home-canned fruits and vegetables, but you must collect 8 ration points for each quart sold.

Q. What do I do with the ration stamps I collect for sales I make of home-canned food?

A. You turn the ration stamps in to your local ration board any time during the first ten days of the month following the sale.

Q. Must I make any special report when I turn in the ration stamps I collect for foods I sell?

A. No. But you must keep a record of your sales.

Q. How do I get sugar for canning fruit for sale?

A. You apply to your local board on OPA Form R-315 for the amount of sugar you will need, at the rate of one pound of sugar for every four quarts of finished fruit.

Q. May I also apply for sugar for making jams and jellies for sale?

A. No. You may have only enough sugar for preserving fruits for the use of your family -- not more than five pounds per person.

Q. May I buy canned fruits and vegetables directly from the local canning factory?

A. Yes. But these cans are commercial products, and you must give up the same number of ration points for them as you would if you bought them at retail. The canning operator may sell them to you at a reduced dollar price if he wishes.

LATE OPA PRICE REVISION ORDERS

BUTTER -- Effective May 21, a differential of three quarters of a cent a pound above the maximum prices at all sales levels of salted butter will be allowed for unsalted butter. When butter was placed under maximum price regulations, no distinction was made between the two types of butter although unsalted butter always sells slightly higher.

CANNED FISH

A revised schedule of canners' maximum prices for tuna fish, bonito and yellowtail from \$1 to \$3 a case for the one pound size, depending upon the species, was also announced. This means a reduction of from one to three cents a half-pound tin at retail levels, depending upon the species. The new price revision is effective May 21.

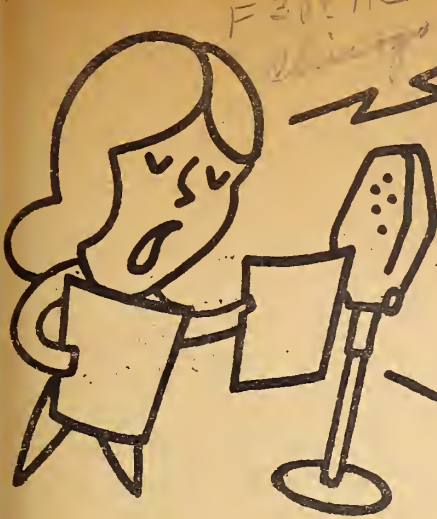
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MORE ABOUT SUGAR FOR HOME CANNING

Since the item on page 2 was written, OPA advises that plans are under way for simplifying the procedure of obtaining sugar for home canning. Certain stamps in War Ration Book One are expected to be validated for the purchase of a portion of the twenty-five pound allotment. This will eliminate immediate applications to local war price and rationing boards. The sugar allowance coupons will then be used only for the balance of the sugar for those who need more than the initial allotment. Full details will be available soon.

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AUG 28 1943
U. S. DEPARTMENT OF AGRICULTURE

Radio Round-up on food...

A Service --
For Directors of Women's Radio Programs

5 S. Wabash Ave., Chicago, Ill.
May 22, 1943 -- No. 50

HOW MUCH MEAT FOR WORKERS?

That's a controversial subject these days, and perhaps you'd like to know what Dr. Robert S. Goodhart, Chief, Nutrition in Industry Division of FDA, has to say about it. He recently made this statement: "It would help workers to make the necessary adjustments in their food habits if they realized that there are foods other than meat which provide protein. Some workers do not seem to realize that poultry and fish are as valuable sources of protein as the rationed meats."

Leading nutrition and medical authorities say that one and a half pounds of lean meat a week is enough to maintain the health of any hard working man, provided that a variety of other foods is included in the day's meals. The foods recommended are poultry, eggs, fish, cheese, wholegrain or restored cereals, bread, peas, dried beans, lentils, soybeans, peanuts and other nuts, green and yellow vegetables, fruit and milk. For instance, an ounce and a half of chicken has more protein value than an ounce and a half of lean beef. Halibut has nearly as much protein value as the lean beef. A glass of milk provides 87.5% as much protein as an ounce and a half of lean beef.

As an aid to maintaining war workers' health, the Nutrition in Industry Division recommends that adequate food services be provided in plants and at mines, to supply workers with the additional meat and other foods available to them under the rationing program.

OPA regulations provide for food to be served in cafeterias or restaurants, in addition to the individual ration allowance. Additional rationed processed foods are now being provided for those isolated workers in areas where necessary supplies of fresh fruits and vegetables are not available. Regional representatives of the Nutrition in Industry Division, in the seven FDA Regional Offices, are now visiting war plants, giving practical advice on the service, equipment and menus necessary to provide adequate mid-shift meals for war workers.

US Department of Agriculture
Food Distribution Administration

WAR RATION BOOK THREE

Are you hearing lots of rumors about the new War Ration Book Three...what it's to be used for...what color the stamps are...when they're to be used...and so forth? Well, even though distribution is not to start until sometime in June, we're presenting the facts right here and now, so that you'll be able to answer questions.

In the first place, Book Three contains stamps to be used when the ones in Book One and Two run out...both the unit stamps, for coffee, sugar and shoes...and point stamps, for processed foods, meats, fats and cheese. This book has eight pages; four of them are point stamps, which are brown instead of red and blue, but which have the same point values as those in Book Two. The four middle pages are of black and white unit stamps, 48 to a page, all numbered the same, but easily distinguishable from each other by the designs of planes, guns, tanks and aircraft carriers which identify each page.

As you've heard, no doubt, Book Three is to be distributed by mail. People won't have to go to the school house to get it. Postcard applications for the book will be delivered by the mailman. To take care of those who don't have their mail delivered, postoffices will have supplies of the applications on hand. The card will have three parts; the first will be an identification stub, which the applicant will tear off and keep; the second part has a place for the name and address of the head of the family; the third part contains space for writing the names of all members of the family for whom books are to be issued. All parts of the card contain the same serial number, you see, so the identification stub will be a means of checking back in case a family doesn't receive the ration books.

It's estimated that this procedure will save a tremendous amount of work for the ration boards...instead of about two million volunteer workers, only about fifty thousand will be required to handle the distribution of the books by mail. The country is divided up into 8 regions; each region is broken down into separate states; one city in each is designated as the mailing center. This center will set up files with the third part of the application card, so that any possible duplication of ration books would be revealed the moment two cards for one person appeared in the file. In case somebody's wondering why the first two ration books were not distributed in this way, you might remind them that there was the little matter of declaring stocks of food, removing stamps and all that.

War Ration Book Three is really a sort of emergency book...it may not even be necessary to use it for canned goods and meat. Book Two, covering these commodities is expected to run out about the first of October, and by then Book Four probably will have been distributed. This contains red and blue stamps, and is just like Book Two. Book Three is being issued primarily for the unit stamps it contains, as the sugar, coffee and shoe stamps are expected to run out first. Book Three, therefore, will be on hand, ready to replace Book One. It's really easy to remember...just connect the even and the odd numbers in your mind. Book One will be replaced by Book Three; Book Two by Book Four. Think of those brown stamps in Book Three as a possible bridge between Books Two and Four.

FOOD FOR MAN'S BEST FRIEND

The owners of Seeing Eye Dogs, or other similarly trained dogs, needn't worry any longer about the possibility of short rations for their guides. Amendment 24 to Ration Order 16 (under which meats are rationed), will solve this problem. This amendment provides that limited quantities of rationed meat will be made

available for feeding these dogs, when horsemeat cannot be obtained. Local rationing boards may, at their discretion, give an applicant up to 12 extra points weekly to provide the dog with a basic meat ration.

You broadcasters are sure to have blind persons in your listening audiences, and you may do them a valuable service by broadcasting this information. Tell them they may make application in person, through an agent, or by mail. When the dog's owner does not apply in person, the application must be accompanied by a statement from a state board or commission for the blind, or some similar agency, certifying that the dog has been specially trained as a guide dog. The application must also show that the dog has been fed entirely or in substantial part on meat; that the applicant has not been able to obtain horsemeat as a substitute, that if the diet of the dog does not include meat, its efficiency as a guide will be materially impaired during the period required to adjust it to a meatless diet. The amount of meat required weekly and the length of time that the ration will be needed also must be stated. Three months is the maximum period for which the ration may be granted, but another application may be made if the blind person can show good reason for a further point allotment.

Adequate meat substitutes are believed to be available for feeding pets and other animals, but blind persons might well have difficulty in getting these substitutes, and in training the dogs to accept them. This action by OPA is sure to be good news to those whose freedom of movement, even livelihood, may depend on such dogs.

FOOD FROM THE FARM

Do you ever stop to think how much the city homemaker depends on the country homemaker for several important items on her shopping list? Eggs, vegetables and milk are three standbys, all of them good nourishing foods that aren't rationed either.

About 90% of all the eggs on the market come from farm flocks, and these are usually tended by the women. Egg production was 20% higher the first two months of this year than during the same period in 1942...and last year was the all-time record, mind you.

Women are farm gardeners too, and the determination of farm women to grow and can as much as possible makes America's eating prospects better than they would be otherwise. Farm gardens help supply the extra demand for fresh vegetables brought about by rationing. More farm gardens mean more vegetables for farm families to eat fresh and to can. And remember, home-canned goods in the country kitchen add to the nation's total canned-food supplies.

Farm women always have helped out with the dairying, and now, with labor short ages, and more dairy cows on the farms today than there were a year ago, there's even more work for the farm housewife. Before the milk appears in that cold, shiny bottle on the doorstep, there's the work of feeding and watering the livestock, the actual milking, and delivering the milk to the dairy.

It's well to remind city people occasionally of their dependence on the farm. Sometimes we all forget that the food doesn't grow right in the store, so to speak.

THE AA, A, B, C's OF EGG GRADING

Ever since the new egg grades and price ceilings on eggs were established last March, we've been intending to give you some information about the manner in which grades are established. We feel that you may like to have this in your files for reference.

The four grades as you know, are AA, A, B, and C. The quality of an egg is measured by its desirability for human consumption...it has to do with the flavor, and the appearance, both exterior and interior. The appearance of the exterior is judged by the cleanliness of the shell, its freedom from cracks and breaks, and its shape. The interior quality is judged by candling. In case you're not sure exactly what candling is, and what it reveals, perhaps you'd like this explanation from an expert on eggs. Candling consists of holding the egg before a strong light in such a way that the rays of light penetrate the egg to a considerable extent, thus enabling the condition of the interior contents to be noted. The candling process reveals the size of the air cell, which is an indication of the quality and condition of the egg. The air cell is in the large end of the egg, and a large cell indicates excessive evaporation, due to poor keeping conditions... high temperatures, too long time in handling in the warehouse under improper temperature and humidity. There is a definite measurement of the size of the air cell in an egg. For Grade AA, this must not exceed 1/8 inch in depth; for Grade A, not more than 2/8 inch; for Grade B, not more than 3/8 inch; for Grade B, not more than 3/8 inch; and Grade C may be over 3/8 inch in depth. Probably most retailers will carry at least two grades of eggs, depending upon the type of store.

You may have wondered whether the size of an egg is considered in establishing the quality. The answer is that it affects the price only. All four consumer grades mentioned will be found in all sizes of eggs.

As you probably know, there are five egg sizes, or weight classes, each with a minimum weight set up per dozen of eggs. We gave you this table in RADIO ROUND-UP some time ago, but are repeating it now, in order to make this story complete:

Jumbo.....	28 ounces (minimum weight per dozen)
Extra Large....	26 ounces (" " " ")
Large.....	24 ounces (" " " ")
Medium.....	21 ounces (" " " ")
Small.....	18 ounces (" " " ")

Large and medium are the sizes commonly found in most markets. Small eggs (most of which are laid by pullets) are usually found in the fall months. In addition to the above named weights, the Office of Price Administration has established a "pee wee" weight class for small eggs weighing less than 18 ounces, per dozen.

Under the present price ceilings, the price of eggs is fixed for each week of the year. It will not necessarily be the same for any given week in different parts of the country, but the grade quality must be the same. Remember too, that while eggs cannot be sold for more than the fixed price set for each grade, they may be sold for several cents below this price, depending on several factors. Consumer grading, with corresponding fixed price ceilings, is definitely a move in the consumer's favor. It means that he will now be able to buy the quality and grade of eggs he desires at a price he can afford to pay.

SAVE A BOX TO BOX THE AXIS

A new salvage program is under way! War Food Administration is encouraging greater re-use of fruit, vegetable, and egg containers. Wartime requirements for lumber, nails, wire, and labor make it impossible to produce all the new containers that could be used. Many factories which used to make boxes, baskets and crates for fruits and vegetables are now working to supply crating for military needs. Did you know that 1,000 salvaged apple boxes contain enough wood to crate an average size airplane? And if a quarter of the 18 million new wire-bound citrus boxes used each year were salvaged and re-used, 2,250,000 pounds of metal would be released for shells, tanks and guns! A large part of the success of the campaign will depend on wholesalers and retailers. But homemakers often have boxes and baskets they can save and turn over to farmers or grocers. Here are some you can urge your listeners to salvage: berry crates, bushel baskets, wire-bound citrus baskets, vegetable crates, bushel boxes, lug boxes, lettuce crates, wire-bound celery crates, and egg cases.

PRESSURE CANNERS FOR THE GREAT LAKES REGION

I'm sure a lot of your listeners are wondering if they'll be able to buy a pressure canner this year. Only 150,000 for the United States are being manufactured, compared with the pre-war production of about 250,000 annually. That means that everyone who would like to buy a cooker will not be able to get it. Home demonstration clubs and community canning groups that will make the best use of them will have first chance. Manufacturers are sending the first shipment of cookers to the south where they are needed earlier, and cookers are not expected to be available in this region until July or August. Here are the estimated numbers of new pressure cookers that will be available for this region: Wisconsin, 5,420; Illinois, 11,600; Indiana, 5,598; Ohio, 8,312; and Michigan, 6,198.

PROGRAM NOTES

War Meat Board

As you've heard, a War Meat Board has been established by the War Food Administration and the Office of Price Administration. The nine members of this board have not been named at the present writing, but will be announced soon. They will consist of representatives of the Government and of the meat industry, and will serve as a "nerve center" for the entire meat management program, operating from Chicago. One of the most important duties of this War Meat Board will be to assure the armed forces and Lend-Lease of the meat needed, as well as to arrange for the equitable distribution of meat to civilians. The first regular meeting of this board probably will be held just about at the time you are reading this issue of RADIO ROUND-UP, and we will give you more information next week about the developments.

Keep 'Em Moving!

That's what the War Food Administration intends to do with the fresh vegetables as they come into plentiful supply. Every effort will be made to move vegetables from the area of production to the markets, and from the markets to the dinner tables of consumers all over the country. When any fresh vegetable is in heavy supply, WFA will cooperate with trade and consumer organizations to focus attention on it. Retailers will be asked to feature it in their stores...you broadcasters can help by making it a feature of your programs...and it is hoped that consumers

will make full use of that vegetable while supplies are plentiful. Right now, for instance, there are generous supplies of carrots and snap beans in most parts of the country.

As other crops come along, everything possible will be done to assure their being used fully. If necessary, WFA will purchase vegetables and have them processed, thus making them available later in the year. All purchase operations will be handled through regional offices of FDA.

Military Victory Gardens

Remember that we told you in a recent issue of ROUND-UP about the gardens under cultivation by our soldiers in many parts of the world? Well, the Army and Navy men here at home have planted hundreds of acres in Victory Gardens at training camps, hospitals and other military establishments throughout the country. These projects have been authorized by the War and Navy Departments, of course, and seed comes from stock piles maintained by USDA. Work which requires farm machinery will be done by hiring and borrowing equipment from neighboring farmers...though in some cases, soldiers may use their jeeps for plowing.

For instance, the Navy's mine-laying school at Point Patience, Calvert County, Maryland, has a complete vegetable garden, plus 60 acres of soybeans. It has been noted, by the way, that the armed services show a heavy preference for green beans, though they've also planted carrots, onions, spinach, chard, beets, radishes, lettuce, lima beans, and other vegetables.

News About Ration Stamps

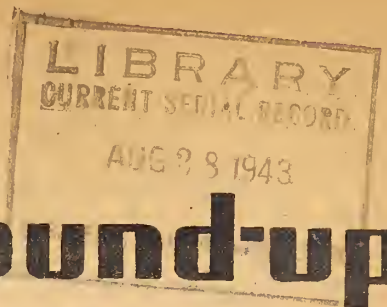
OPA has announced that blue stamps G, H and J will be usable through Monday, June 7, thus avoiding the month-end as well as week-end rush of point-shopping. Blue stamps K, L and M become valid Monday, May 24, the usual time, and are valid through July 7. There is a change in the handling of red stamps this month. Both stamp J, valid May 23, and K, valid May 30, remain usable through June. In April, you will remember, only the final red stamp was carried over into May. Be sure to make this clear to your listeners.

How to Get Canning Sugar

Here's the news about the first allotments of canning sugar. Beginning Monday, May 24, you can get five pounds each on stamps 15 and 16 in War Ration Book One. These can be used any time up to Oct. 31, which means you can stretch your canning and preserving over the period that begins with strawberries and ends with cranberries. If more than this 10 pounds of sugar per person is needed for canning, application should be made to the local War Price and Rationing Boards, as originally announced.

Warning About War Ration Book Three

Tell listeners to read the fine print on the application cards for War Ration Book Three. They'll discover it says applications for this book are not to be made by persons in the armed services, whether or not they eat in an organized mess. This applies to uniformed men and women who may be living at home and using their present ration books to buy food. The reason, OPA explains, is Book Three is a replacement book only, and will not be in use for some time. At any time, of course, members of the armed services may be transferred elsewhere, or sent out of the country. Plans will be announced later for these people to obtain Book Three if needed.



Radio Round-up

on food...

A Service --
For Directors of Women's Radio Programs

5 S. Wabash Ave., Chicago, Ill.
May 29, 1943 -- No. 51

KNOW YOUR STUFF BEFORE YOU SHOP

Tell your listeners that now's the time to begin to pay attention to those purple stamps on the meat they buy -- perhaps you'll say the stamps that should be on the meat they buy. As we've told you, and as you've heard from many other sources, the meat rationing regulations require that all slaughterers, including farmers, must be licensed, if they slaughter meat for sale. This permit number must appear on all large wholesale pieces. The permit stamp P 176, for example, indicates that the slaughterer is registered and that his meat is going to regular, established buyers. Shoppers won't find this stamp on retail cuts, but if they look around the shop, they should see the large wholesale meat cuts carrying it.

The inspection stamp indicates that the meat has been inspected for sanitary slaughtering conditions and health of the animal. This is a round stamp reading "U.S. Insp'd & P's'd" when it appears on fresh or cured meat. When it's printed on canned or packaged meat products, it reads "U.S. Inspected and Passed by Department of Agriculture". In both cases, it means that the meat was U.S. inspected and passed as wholesome food during all stages of preparation and processing at the packing plant.

Then we come to the grade stamp, which indicates the quality of the meat. If the meat was graded by an official of USDA, it's the so-called ribbon stamp, running the full length of the carcass, so that part of it shows on each retail cut. The letter grades, which correspond to the U.S. grades, indicate that the meat was graded and stamped by a slaughterer. In the May 15 issue of RADIO ROUND-UP we gave you a table of the grade names as applied to each kind of meat.

Homemakers should understand that Federal meat inspection is mandatory only for meat which enters interstate commerce from the slaughtering plant. Therefore, in communities where much of the meat is purchased informally, from farmers, consumers should be informed about the permit stamp that farmers are required to use, and should look for it. Remember, meat that doesn't bear one of these stamps is almost sure to be black market meat.

You broadcasters can also help consumers to become acquainted with the meat ceiling prices -- pointing out which zone they are in, and explaining the differ-

US Department of Agriculture
Food Distribution Administration

ences between the two prices for the two different types of stores. Tell consumers to check the price they're charged for meat against the ceiling prices posted in the store, and to remember that it can be lower than the ceiling price but must not be higher. If a butcher charges more than the ceiling for meat, or offers to let a purchaser have it without taking red ration stamps in return, that's a further indication that she's in a black market. An army of informed shoppers is our best protection against the enemy.

EXTRA RATIONS OF RED STAMP FOODS

Loggers, miners, prospectors, fishermen, sheepherders, and others who live or work a long distance from population centers, are now eligible to receive extra allotments of points for rationed meats and fats. Certain types of eating establishments in isolated areas are also eligible for such extra rations. Persons requiring these supplemental rations must apply to the Regional OPA office, or to local War Price and Rationing Boards. Certificates, not stamps, will be issued, to cover these additional allotments.

The maximum amount which can be authorized is 1.8 points per person per day, but the allowance will be based on need rather than desire. (Refer to the story "How Much Meat for Workers?" in May 22 ROUND-UP.) If limited amounts of fresh fish, poultry and eggs are available to the applicant, a smaller allotment will be made. Temporary local shortages will not be a basis for granting extra rations. It might be well to explain this, in view of the current scarcity of poultry in many sections.

Individual consumers may apply to their local boards, in person or by mail, on OPA Form R-135. One application covering several consumers may be made, but the name of each person must be listed on the application. This includes those who eat in boarding houses and similar establishments classed as Group I, institutional users, under general ration order 5. Institutional users, such as restaurants and hotels, classed in Group III under general ration order 5, may make application in the same way.

CHEESE RATIONING EXTENDED

When the new consumer point value chart for red stamp foods comes out, early in June, all cheeses and cheese products, except cottage, bakers and pot cheese, will appear on it. The War Food Administration and OPA announced that this is being done in a further move to conserve indicated short supplies of milk. It means that ration stamps as well as money will be required to buy the soft perishable cheeses, such as cream, neufchatel, camembert, liederkranz, brie, and blue cheese. Cheese probably will be classified into three groups at different point values, instead of all having the value of .8 points, as at present.

It is estimated that civilian demand for the soft cheeses, if not controlled by rationing, would exceed that of 1941 and 1942. This might well result in the diversion of milk from the manufacture of other essential dairy products.

LET'S HAVE ANOTHER CUP OF COFFEE

Several extra cups, actually, will be coming to all of us in June. OPA has announced that stamp number 24, in War Ration Book One, valid on May 31, will have to last only through Wednesday, June 30, instead of a five-week period.

OIL COOK STOVES

OPA says it's all right for people to use their oil cooking stoves this summer, whether or not they have other equipment for cooking and heating water. Under Ration Order No. 11, fuel oil rations are denied for these purposes if there is alternate equipment using coal or wood. Due to the fact that there is an over-all shortage of all fuels, and that the shortage of coal and wood in some areas is greater than that of oil, this restriction is being lifted. This will enable homemakers to use their oil cooking stoves for canning during the hot summer months. It will be particularly welcome news to those rural families which usually shift to oil stoves to avoid the extra-high temperature of the kitchen brought about by coal and wood ranges.

FRUIT AND NUT EXPECTATIONS

A report entitled "Fruit and Nut Crop Prospects" was issued by the Bureau of Agricultural Economics on May 17, giving the prospects of these crops, as of May 1. Here's what we can expect as the season advances. Average, or greater than average production of pears, grapes, sour cherries, plums, prunes and commercial apples is likely. Small crops are indicated, however, for peaches, sweet cherries and California apricots.

California weather has been favorable for olives, and the trees are in good condition, though as blooming has not yet started generally, it's too early for reliable production prospects.

A relatively good crop of California walnuts is indicated, though almond prospects from that state are for only a medium-sized crop. In Washington and Oregon growing conditions have been favorable for filberts and good crops are in prospect. Present prospects for pecan production in most of the important areas in the southern states are good.

As for citrus fruits, as the harvesting season advances it is evident that production of all oranges for the 1942-1943 season is larger than previously estimated. The crops of early and midseason varieties turned out about the same as indicated on April 1. Valencia oranges, which comprise more than one-half the total crop, are now estimated about 6% more than on April 1. Production of grapefruit in all states for the 1942-1943 season is now estimated to be 4% larger than the estimate of April 1. May 1 reports on the lemon crop in California indicate a 2.6% increase over the forecast of April 1.

Remember, this summary is based on the general situation as it appeared on May 1, and is intended to present only a general picture. It may help you in planning your food programs for the season ahead, but you'll want to check carefully with conditions as they develop, of course.

ENRICHED BREAD AND FLOUR

Here are some questions and answers on enriched bread and flour which we hope you'll find helpful. With the constantly increasing emphasis on proper nutrition, you should get the story of enriched flour across to your listeners. As you probably remember, one of the provisions of Food Distribution Order No. 1, the bread order, is that all white bread made by bakers must be enriched to approved nutritive standards. Thus, the purchaser of bakery bread is benefitted, whether she knows it or not. It's important for her to use enriched flour for her own

baking, however, and not all the flour sold in retail stores is enriched. We believe you broadcasters have a job to do in explaining the whys and wherefores of enriched flour.

Q. Why is white flour enriched?

A. In making white flour, part of the grain is removed during the milling process. By discarding this part, important food elements necessary for good health are lost. So white flour must be enriched with laboratory made vitamins in order to be as healthful as whole grain flour.

Q. Is there any nutritive value in white flour before it is enriched?

A. Yes, all white flour contains calories, but white flour that is not enriched does not contain the same amount of minerals and vitamins as enriched flour.

Q. What is in enriched flour that makes it a superior product?

A. It has the highly nutritive properties restored to it. Government specified quantities of the vitamins niacin, and thiamin, and the mineral iron have been added. It may also contain vitamin D, riboflavin, and calcium, but these aren't required by law.

Q. Of what value are niacin, thiamin, and iron?

A. Niacin is the vitamin that helps prevent pellagra, a disease that weakens thousands of people in this country. Thiamin has been called the morale vitamin. The lack of it leads to unsteady nerves, irritable dispositions, poor appetites, a tired feeling. Iron is necessary in building good red blood.

Q. How is enriched flour made?

A. There are several methods: 1 - by adding the required amounts of vitamins and minerals to the plain white flour. 2-by milling wheat in such a way that the flour contains some of the outer layers of the wheat berry. 3-by combining these two methods.

Q. Which of these types is preferred?

A. Any bread enriched according to Government specifications is satisfactory.

Q. What does enriched flour look like?

A. The kind generally on the market looks and tastes like the plain white flour. The kind made by special milling is darker in color.

Q. Is it necessary to enrich the whole-grain flours?

A. They don't have to be enriched. Nature did that job for us.

Q. Should enriched flour be used instead of dark flours?

A. No. But if you prefer white flour be sure that it's enriched.

Q. If you use enriched flour in recipes that call for plain flour, do you have to change the recipes in any way?

A. Enriched flour can be used in exactly the same way as plain flour.

Q. Can you use self-rising enriched flour in making biscuits and other hot breads?

A. Yes. Self-rising enriched flour is used exactly like the self-rising flour that you've been used to.

Q. What is enriched bread?

A. It is bread that contains the same valuable vitamins and minerals that enriched flour contains.

Q. How is enriched bread made?

A. 1-by using enriched yeast. 2-by using enriched yeast and plain flour. 3-by direct addition to the required minerals and vitamins to the dough. 4-by a combination of these methods.

Q. Is all white flour and bread enriched?

A. The Government requires all bakery bread to be enriched. At the present time three-fourths of the flour sold in retail stores is enriched. If you bake your own bread, be sure that the flour you buy is enriched.

Q. Was the bread in World War I enriched?

A. They used the so-called liberty loaf. The amount of shortening in this was only one-fourth of that permitted today. The amount of sugar was much smaller, and it contained little or no milk.

Q. Has enriched bread more calories than plain bread?

A. No. The added vitamins and minerals don't change the caloric value.

Q. Are these synthetic vitamins that are added to enriched flour and bread as good as the same vitamins found in nature?

A. Yes. They do exactly the same job in the diet.

NEWS ABOUT FOOD DISTRIBUTION ORDERS

FDO 22.4

The War Food Administration announces that civilians will receive about 30 million more cases of canned vegetables and fruits from this year's production than was estimated earlier. This is due to a reduction in the quantities of these foods which canners must set aside for Government requirements. Among them are corn, peas, spinach, tomatoes, snap beans, fruit cocktail, sweet cherries, peaches, pineapple, and pineapple juice.

Point values are not immediately affected by this change in Government requirements, since the size of the 1943 production is not yet known. As you know, point values are determined primarily by actual, not prospective, civilian supplies.

The changes in the set-aside percentages were made by issuing Director Food Distribution Order 22.4, effective May 21, 1943, combining and superseding Orders 22.1, 22.2, and 22.3.

FDO 49.1

To assist the armed forces in obtaining needed supplies, the War Food Administration has established control over the shipments of potatoes from five major producing counties in southern Alabama and western Florida. Potato shippers in those areas are required to obtain a permit before making shipments, either by truck or by rail. This permit plan will provide for the most critical military needs, and, since it operates on a day-to-day basis, it will not delay the movement of available commercial supplies. This action was taken under Amendment No. 1 to Food Distribution Order No. 49.

FDO 53 - INDUSTRIAL OILS

Three more industrial oils -- animal, neat's foot, and red oils -- were added to the list of fats and oils that the War Food Administration is allocating to provide adequate supplies for meeting military, essential civilian, and Lend-Lease needs. The Order, effective July 1, provides for allocation of the delivery of the three oils from producers to industrial consumers, and for the designation of amounts to be used for specific products.

EXTRA POINTS FOR MEN ON LEAVE

OPA announces that a new order, effective June 2, simplifies the process a member of the armed services will follow in getting food ration certificates while on leave of absence. The order applies to a service man on leave for 72 hours or longer, who will eat at least one meal during that period at a place where rationed foods are served; also to a man, not on leave or furlough, who will eat at least nine meals during a month at a place where rationed foods are served.

The serviceman is provided with a completed application form before he leaves camp, receiving it with his leave papers. He then turns the application over to the person named as the provider of his meals, who will submit it to the local board for food certificates. This person has 15 days after the furlough ends in which to turn in the application. The base period on which the serviceman's ration allowances are computed is three days, covering nine meals.

The amounts of certificates or other ration paper (sugar and coffee coupons, or red and blue stamps), that may be issued on the nine-meal basis is as follows: 8 points for processed foods; 8 points for meat and fats; $\frac{1}{4}$ pound coffee; $\frac{1}{4}$ pound sugar. By comparing these with regular civilian allowance of rationed foods, you will see that Uncle Sam provides a generous food allowance for our men in uniform, even when they're on leave.

LET'S COOPERATE IN OUR SHOPPING

You broadcasters who are also homemakers certainly should be able to enter with enthusiasm into a campaign to change wartime grocery shopping habits. If you have to dash into your corner grocery late in the afternoon, or late in the week, you're probably standing in a long line of other people doing the same thing. Now, it's true that more women are working today than ever before -- and a great many of the volunteer workers in various war organizations consider themselves working women just the same as those of us who work at a regular job for pay. There are still lots of women at home, however, keeping house and taking care of the children, and these are the ones we hope you can persuade to do their shopping not only early in the day, but early in the week.

Did you ever stop to think how the habit of heavy week-end buying started? Shopping for Sunday, when the stores are closed, is not the only reason. There was the traditional Saturday pay-envelope, plus the fact that many stores advertised week-end bargains in food. Well, there have been changes in the last year or two. In many sections of the country, pay periods have been changed and any day may be pay-day now. The food store advertising shows infrequent price-specials nowadays--bargains resulted from abundance, and you all know that we don't use the word abundance any more. Speaking of bargains, however, we're told that the practice of shopping on Monday may turn up an occasional bargain in unrationed vegetables or fruit. When there's something left over on Saturday night, the store manager puts it away in the hope it will keep over the week-end. Monday morning may find that

item considerably marked down, because it's ready for immediate use and can't be kept over another night. A bit of exploration in the food store on Monday morning may pay worthwhile dividends. In some parts of the country, grocers are offering special values, but on the first three days of the week, and for a limited time only - say from ten to eleven in the morning, or at some other time when the woman at home can get to the store easily. The wise homemaker will keep an eye peeled for these.

Waiting until a certain time of the week or the month for possible reductions in point values has become a practice of many shoppers. As the rationing program progresses, however, fewer and fewer changes will be necessary. The action of OPA in extending the validity of the blue stamps until June 7 was a step in the direction of relieving the end-of-the-month-point-shopping spree.

The women who can do her shopping early in the morning, or early in the week, will help to shorten those long lines in the food stores -- she'll relieve the strain on her own feet, she'll make marketing less of a problem for war workers, and she'll certainly get a vote of thanks from the store managers.

ANOTHER NOTE ON WAR RATION BOOK THREE

We've heard so many people asking about that statement on the application for War Ration Book Three--the one to the effect that members of the armed forces should not apply for the book, that we're repeating again what we said last week. Men and women in uniform who may be living at home at present, and who are using their present ration books for food, are not to apply for the new book. Due to the fact that all members of the armed forces are subject to transfer at any time, many of these people may be in another part of the country, or even another part of the world, before Book Three goes into use. Tell them, and their families, not to worry -- that provision will be made for their getting the book if and when it's necessary.

ADDITIONAL PRESSURE COOKERS ALLOCATED

Here's good news for home canners. The War Production Board has begun allocating materials for production of another 125,000 pressure cookers for this summer's home canning. This quantity is in addition to the 150,000 production of which was begun two months ago. It is expected that 31,000 will be in the stores by June 1. Then with additional ones being manufactured, about 55,000 will be ready in June and 60,000 in July. Thus, by the end of August, approximately 150,000 should be ready. The remaining cookers should be completed in time for the fall canning season. The majority will be the 7-quart size, and the rest the 14-quart size.

Department of Agriculture is planning a system of distribution of these cookers. A purchase certificate is required for each cooker. And these certificates are issued on the basis of probable output of canned food from the cooker. Naturally, homemakers who form groups that can assure a large volume of home canning from the cookers will be given preference.

The rationing in each state is delegated to County USDA War Boards, which in turn operate country farm rationing committees. Anyone desiring to purchase a pressure cooker should file an application with the committees. Where there are no such committees the County War Boards appoint sub-committees to handle the rationing. If anyone is in doubt where to go to file an application, tell them to ask their hardware dealer, department store, or other retail outlet where the cookers are sold.

NEW CANNING EQUIPMENT TO BE MADE AVAILABLE

Community sponsors of Food Preservation Programs in the Great Lakes Region will be interested in knowing that a limited amount of new canning equipment will be made available. This equipment consists of number 2 and number 3 retorts and stands, hand and power operated sealing machines. This is in addition to the small 7 and 14 quart home type cookers now being manufactured. Priorities for the purchase of the new equipment are being made available through the Food Distribution Administration.

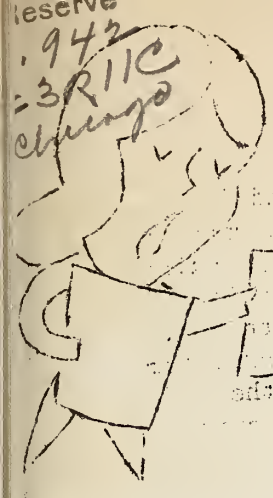
Applications for obtaining this equipment may be obtained from War Production Board Offices or United States Department of Agriculture War Boards and should be submitted promptly. The quantity of canning equipment available for allocation obviously is insufficient to meet all demands. Applications, therefore, will be considered carefully with a view to their maximum potential contribution to food conservation. Special consideration will be given to applications of organized groups in urban areas since little provision has been made for the needs of these people in the Food Preservation Program operated by other agencies of the Federal Government. Full consideration also will be given to applications of projects that are set up to turn over at least a part of the processed foods to child feeding programs.

AT THE FRESH FOOD MARKETS

Rhubarb is in good supply in a number of local markets. It's a good item for home canning, and homemakers won't need a pressure cooker to put up rhubarb, because it's an acid vegetable. There are pretty good supplies of carrots throughout the region, with prices ranging from moderate to high...cabbage is generally selling at or near ceiling levels, and in some areas is in rather light supply. Many homegrown items are featured on local markets throughout Illinois, Indiana, Wisconsin, Michigan, and Ohio, including asparagus, green onions, spinach, radishes, and rhubarb. More new potatoes are coming into midwestern markets, although supplies are still below normal. Other items displayed prominently on vegetable counters these days include Florida and Louisiana snap beans, green peas from California, and tomatoes from Texas and Florida... You might explain to your listeners that supplies of most locally grown items have been rather light at the markets because the vegetable season is two to three weeks late due to unfavorable growing conditions.

The first Georgia peaches and California apricots arrived this past week. Cantaloupes are offered at markets in many cities, along with pineapples, home-grown strawberries, and sweet California cherries. Oranges and grapefruit are in moderate supply in most areas.

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Radio Round-up

on food...

A Service --
For Directors of Women's Radio Programs

5 S. Wabash Ave., Chicago, Ill.
June 5, 1943 -- No. 52

FOLLOW THE RULES TO GET WAR RATION BOOK THREE

OPA tells us that a high percentage of applications for War Ration Book Three are being returned with numerous errors. All possible publicity should be given to the instructions in order to reduce to a minimum the number of errors in the remaining applications.

The following points should be stressed:

1. Print or type your name and return address on application form so that it is easy to read.
2. List names and birth dates of all members of family unit on same application
3. Sign the application in your hand writing.
4. Tear off the identification stub and keep it carefully. It is your receipt.
5. Add correct postage.
6. Check form carefully to avoid mistakes.
7. Mail application before June 10.

If perchance a person does not receive this application in the mail within the next few days, it can be obtained at the nearest post office.

NEW RED STAMP POINT VALUES

The favorite steaks and roasts of beef are going to cost several more red stamps -- even the once-plebian hamburger is up a point per pound, according to OPA's table of point values effective June 6 through July 3. The increases in point values for beef range from one to three points a pound, and are necessary because of the large consumer demand in the face of lower production. Veal steaks and chops are up a point, too...so are lamb loin chops and sliced ham. Many of the cuts of veal, lamb and pork are down one point, however, and so are the variety meats from all animals.

U. S. DEPARTMENT OF AGRICULTURE
Food Distribution Admin.

COOPERATION OF CONSUMERS IMPORTANT

As you know, maintaining a reasonable balance between supply and demand is the basis of any rationing program, and this can be achieved partly through changing ratio point values. It's important, however, that the consumer cooperate by making use of the foods in greatest supply, even though it means changing buying habits and tastes. That's where you broadcasters can help explain this to the homemaker. Keep her posted on interesting ways of cooking and serving the foods which are, for the moment, in more generous supply. Pork, for instance, is now coming to the market in relatively greater quantities than beef. Therefore, because most cuts are unchanged in point value, pork will represent a better buy in points for some time to come. The variety meats, which are down a point in value, are better point-values than ever, and their use should be encouraged.

SOME CANNED FISH UNRATED

Canned crabmeat, sea-herrings, sea mussels, and a half-dozen other types, all of which represent but two percent of the total canned fish pack, have been removed from rationing. They're not of sufficient importance to justify the records retailers are required to maintain, it was explained. They might be worth mentioning in a general broadcast on the changes in point values.

CERTAIN CHEESE POINT VALUES REDUCED

As we told you last week, all cheese (except creamed cottage cheese containing five percent or less of milk-fat), is now on the ration list. You will note that although American cheddar cheese remains at 8 points a pound, the other cheeses previously rationed have been reduced to 6 points, which places them in the same category with some of the newly rationed cheese.

By studying the point value tables and noting changes, you can help your listeners to plan and prepare their meals in the most effective manner possible.

CANNED MILK GOES "ON THE RATION"

You know, of course, that the principal reason for OPA's action in adding canned milk to the rationing program is to conserve the limited supplies for babies, and for those who require it in special diets. There is also a real need for canned milk by those who are unable to obtain fresh milk. Everyone else should plan to get along without it. We surely don't want to spend our precious red stamps for milk unless it's absolutely necessary.

Don't Buy It Unless You Need It

Those who have to buy canned milk for baby's formula, already have baby's ration book to use for it, of course. It's estimated that only about 7 points a week will be required to buy enough milk for the average infant diet. Persons who require an extra amount of canned milk for a special diet, may, upon certification of their doctors, apply to their local ration boards for supplemental rations. It is not intended that this order shall work a hardship on anyone.

Get Your Points' Worth

Under WPB's limitation order on tin, there are two sizes of evaporated milk cans -- 6 ounces and 14½ ounces. Condensed milk is usually sold in 14 or 15 ounce

cans. There are many smaller, miscellaneous size cans to be found in the stores, however, and it's up to the consumer to make a careful check of the sizes of these cans, in order to get the best value for her ration points. For instance, the purchase of one lone 6-ounce can will take a full point...so, of course, anybody would be much wiser to buy two cans at a time. A consumer may buy any number of cans whose total weight is a pound or less for a single point. However, the wiser shopping course would be to spend two points and get five 6-ounce cans at the same time. This would give almost two pounds of milk for the same number of points which would be required for two purchases of two cans each. Tell your listeners to shop for canned milk with extra care during these first days of rationing.

GOVERNMENT NEEDS DRIED SKIM MILK

The War Food Administration has taken action, in the form of Food Distribution Order No. 54, to allocate supplies of dried skim milk among the military, the civilian population, and our allies. For the months of June and July, manufacturers of both the spray-process and roller-process dried milk will be required to set aside 75 percent of their monthly production for government purchase. This is the first time that a set-aside order has been issued on roller-process milk, although the manufacturers of spray-process milk have been setting aside 90 percent of their monthly production for direct war purposes ever since last November 5.

Dried skim milk is especially valuable as an export food, because it provides high nutritive value, yet takes little shipping space. Under this allocation, only the most essential military requirements will be met, and Lend-Lease and civilian requirements will have to be reduced. Government requirements alone are much greater than the expected production. The Director of Food Distribution Administration will announce the set-aside percentages for later months.

COLD CUTS TO THE RESCUE

These are the days you broadcasters are probably trying to make many helpful suggestions to your listeners about getting meals the easy way. Not only is this because of the warm summer weather, but because more women are working than for many years past, and meal-getting becomes a real problem to the working women. Have you recommended cold cuts recently? They make an attractive picture on the meat platter or surrounding a big bowl of salad, and they're traditional for sandwiches, of course. Here are a few ideas for their use which may be new to some listeners, however:

Ways to Serve

Diced and creamed; served on waffles or toast.

Chopped fine and added to scrambled egg or omelet.

Stuffed -- place two tablespoonsful of stuffing in middle of a cold cut slice, fold over edges to form a roll, fasten ends with a toothpick. Heat in a frying pan.

Diced and creamed and mixed with hard-cooked eggs on toast.

Chopped and mixed with olives and onions for a cracker spread.

Diced and mixed with elbow macaroni, for a casserole or a salad.

Chopped fine and added to salad dressing, for vegetable salads.

Curried -- chop some onions and celery and cook in drippings until onions are clear; add chopped apples and diced cold cuts. Add some milk, water or vegetable juice, or tomato juice colored with kitchen bouquet. Add some curry powder and serve over rice.

To give variety to the service of cold cuts, they might be purchased in the piece and cut in strips or cubes. Almost any woman will be able to think of interesting variations if she uses her ingenuity.

Low Point Value

Many of the cold cuts are excellent point-buys, remember. The revised meat point value table shows canned bulk sausage, meat loaf and Vienna sausage down one point...they're each 6 points a pound now. The fresh, smoked and cooked sausages, such as pork sausage, wieners, bologna, baked loaves and liver sausage, range from 3 to 6 points a pound, depending on the meat content. Remember, cold cuts give a large volume of meat in proportion to their weight, which makes them a good value for both money and point-stamps.

WAR AGAINST WASTE

We Americans have been very wasteful of our food -- surveys indicate that in a year we've wasted more than enough to supply the needs of our armed forces for a year -- enough to feed Greece for two years. USDA is encouraging the nation-wide campaign against waste -- on the farm, in transportation, at the wholesalers, at the grocery stores, and in the home. And do you realize that from 10 to 16 percent of the food bought for household use is wasted?

The homemaker can make a good beginning in a personal conservation program by planning her menus and market lists carefully. She should go to market with a list of what she needs, and with certain alternates in mind, rather than do her marketing haphazardly.

In the store, she can help the grocer by avoiding careless handling of fresh fruits and vegetables. It's estimated that one fresh tomato out of every seven has to be discarded because of bruising by customers. Spreading the marketing over the whole week, rather than confining it largely to Friday and Saturday, also will help the storekeeper. Fresh foods pay no attention to the days of the week in their ripening, you know, and should be purchased and used when they're in good supply.

In the home, there's waste through improper storage and cooking of food, and even by serving too much to the family. The following suggestions about storage of food are very important:

- Wash green vegetables as soon as they come from the store, drain them, and keep them in a covered vegetable container.
- Keep milk in the coldest part of the refrigerator. When cooking, take out only the milk or cream you need and leave the rest in the refrigerator. Never pour leftover milk back into the bottle with the main supply.
- Wipe eggs with a dry cloth...don't wash them until just before using. Water destroys the protective film that keeps out air and odors.
- Keep meat in one of the coldest parts of the refrigerator, with a loose cover around it. Remember that cut and sliced meats spoil more quickly than meat in one piece. Cooked meat should be kept cold and covered, too.
- In hot weather, store bread, well-wrapped, in the refrigerator to prevent molding. Bread and cake containers should be scalded and aired at least once a week.

And speaking of bread, it stands high on the list of wasted foods. One out of every six pounds of garbage consists of bread. Do you realize that if every family in this country threw out just one slice of bread a week, that would total 34 million

slices, or nearly 2 million loaves? Urge your listeners to use leftover bread in puddings, stuffings, scalloped dishes and meat extenders.

Every homemaker should plan on leftovers when she's making up her menus -- in this way they can be used to real advantage. When buying a roast, for instance, plan on using the meat sliced cold as well as hot, and on various uses of leftover scraps. You can help by suggesting recipes in which leftovers are featured. One slice of bread, or one pork chop -- that doesn't seem like much waste -- but multiply that by our 34 million families, and it's an impressive figure.

Another loss of food in many homes occurs through helpings that are too large and, therefore, not eaten. Even when there are guests at meals, servings should be kept moderate in size, with an invitation to come back for "seconds". The more food that goes into our garbage cans, the more shortages there will be in our own country and the less we can send to our allies. In other words, saving food amounts to the same thing as producing food.

LET'S DRINK TOMATO JUICE IN JUNE

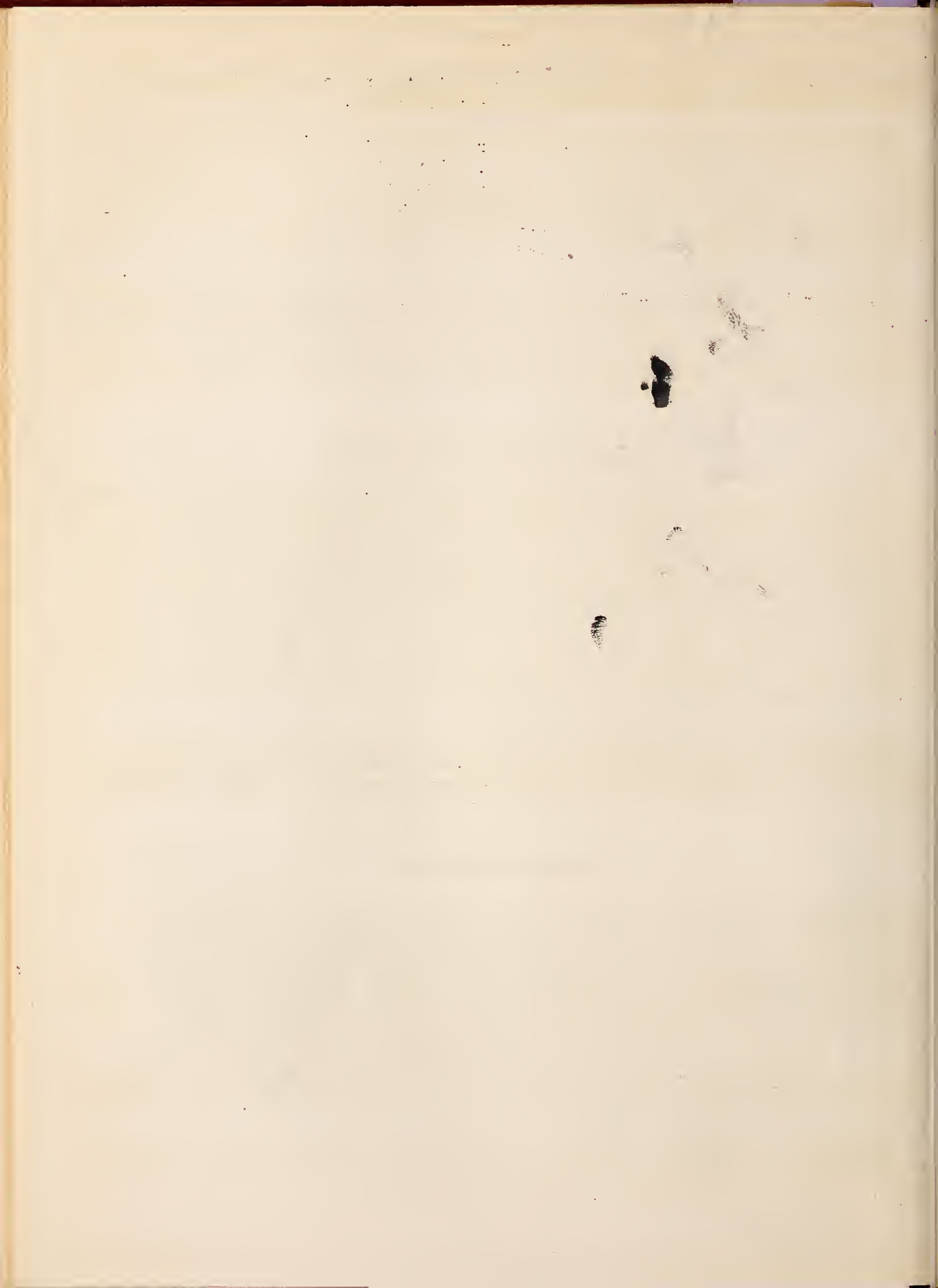
The only change in the official table of point values for processed blue stamp foods is in the classification of vegetable juices. Tomato juice, and all vegetable juice combinations containing 70 percent or more of tomato juice, are reduced from 4 points a pound to 2 points. This is the second reduction in tomato juice point values, you will remember, and OPA says that even last month's reduction did not do much to increase the sales. As you probably know, a certain number of cases should be moved each month in order to spread the supply on hand, and make way for the new pack. Present stocks are expected to increase during June, and it is hoped that this cut in point values will encourage greater use of tomato juice, at least for this month. You broadcasters might suggest various ways of serving it chilled, or as a hot tomato bouillon, or a jellied salad.

You might like to call attention to the fact that OPA also has changed the method of figuring the point value of frozen corn-on-the-cob. It is now figured at 1 point per ear, rather than on the weight basis of 6 points per pound. Actually, however, this does not represent a change in the point value.

AT THE FRESH FOOD MARTS

Supplies of fresh fruits and vegetables in the Great Lakes Region are more plentiful than they have been for some time. Shipments are coming from most all southern states and, as the season moves northward with the approach of summer, supplies will increase. Right now carrots, green beans, radishes, green onions and asparagus are in plentiful supply throughout the region. The most reasonably priced of these items are carrots, radishes and green onions. In Detroit, cabbage is in heavier supply but in other sections of the region there are only moderate to light amounts of cabbage and prices are mostly at ceiling levels. Homemakers needn't rush to the stores for potatoes -- that situation is clearing up rapidly as most southern producing regions are at their peak now. Other items prominently displayed on most vegetable counters this week are tomatoes -- and green peas from California.

Cantaloups are arriving daily now from Arizona and California and are becoming more plentiful. Watermelons from Florida are of very good eating quality, but supplies so far are only moderate to light in most areas.





Radio Round-up on food...

A Service --
For Directors of Women's Radio Programs

5 S. Wabash Ave., Chicago, Ill.
June 12, 1943 -- No. 53

HOME CANNING ARITHMETIC

To help homemakers figure how many jars of canned food to expect from fruits and vegetables, whether they're bought at the market or picked from the Victory Garden, here's a table of comparative figures. It has been prepared by the home economists of the Bureau of Human Nutrition and Home Economics, and they remind us that the figures are necessarily approximate.

Apples.....	1 bu. (50 lb)	cans 20 qt. $2\frac{1}{2}$ lb (7 to 8 apples) can 1 qt.
Beans, Lima.....	1 bu. (28 lb)	cans 6 to 8 qt. 4 to 5 lb can 1 qt.
Beans, Snap.....	1 bu. (24 lb)	cans 16 qt. $1\frac{1}{2}$ lb can 1 qt.
Beets.....	1 bu. (60 lb)	cans 24 qt. $2\frac{1}{2}$ lb can 1 qt.
Berries.....	24-qt. crate	cans 18 qt. $1\frac{1}{4}$ to $1\frac{1}{2}$ lb (5 cups) can 1 qt.
Carrots.....	1 bu. (50 lb)	cans 20 qt. $2\frac{1}{2}$ lb can 1 qt.
Cherries.....	1 bu. (56 lb)	cans 25 qt. $1\frac{1}{2}$ to $2\frac{1}{2}$ lb (6 to 8 cups) can 1 qt.
Corn.....	1 bu. (72 lb)	cans 8 to 9 qt. whole kernel; 6 to 10 ears can 1 q'
Grapes.....	1 bu. (48 lb)	cans 20 qt. $2\frac{1}{2}$ lb can 1 qt.
Greens.....	1 bu. (12 lb)	cans 5 to 7 qt. $1\frac{1}{2}$ to $2\frac{1}{2}$ lb can 1 qt.
Peaches.....	1 bu. (50 lb)	cans 20 qt. 2 to $2\frac{1}{2}$ lb (8 to 10 peaches) can 1 qt.
Pears.....	1 bu. (58 lb)	cans 24 qt. 2 to $2\frac{1}{2}$ lb (5 to 6 pears) can 1 qt.
Peas.....	1 bu. (32 lb)	cans 12 to 16 pt. 2 to $2\frac{1}{2}$ lb can 1 pt.
Plums.....	1 bu. (56 lb)	cans 30 qt. $1\frac{1}{2}$ to 2 lb (24 to 32 plums) can 1 qt.
Squash.....	1 bu. (40 lb)	cans 20 qt. 2 lb can 1 qt.
Strawberries.....	24-qt. crate	cans 12 qt. 2 qt. can 1 qt.
Sweet Potatoes.....	1 bu. (52 lb)	cans 20 qt. $2\frac{1}{2}$ to 3 lb can 1 qt.
Tomatoes.....	1 bu. (56 lb)	cans 15 qt. $2\frac{1}{2}$ to $3\frac{1}{2}$ lb (8 to 10 tomatoes) can 1 q'

SECOND CROP IN THE VICTORY GARDEN

Tell the victory gardeners among your listeners that now's the time to begin planting their second crop...the summer crop. By the time we've had a couple or three weeks of really hot weather, they'll have pulled the last of the onions and radishes, and the lettuce will have gone to seed. Here are the vegetables USDA's garden specialists recommend for replacement; New Zealand spinach, cabbage, sweet corn, snap beans, lima beans, blackeyed peas, okra and vegetable soybeans, if you

US Department of Agriculture

Food Distribution Administration

can get them. Tell them to be sure to plant enough to supply the table and give a surplus for canning, drying, brining or freezing that will make the victory garden a year-round benefit.

VICTORY FOOD SELECTIONS

Mr. Roy F. Hendrickson, Director of Food Distribution, recently announced a new Victory Food Program, based on the experience and technique developed last year in the Victory Food Special Program. This is one of the steps by which the War Food Administration will help growers to maintain favorable marketing conditions, and it will assure the most effective use of available supplies. The program will call for advance reporting to the trade of the availability of peak supplies in producing areas, and for information to consumers about these expected abundant supplies in their markets.

Method of Making Selections

Any commodity in extra heavy supply to be featured in such a merchandising campaign will be designated as a Victory Food Selection. (Please note that the word this year is "Selection", not "Special".) This designation may be made on an area, regional or national basis. Recommendation of a commodity as a VFS for a specified period in a specified area may be made by regional offices to the Marketing Reports Division in Washington. When such a recommendation is submitted, accompanied with supporting information, the Marketing Reports Division will take it up with the appropriate branch for approval, modification, or other action. Upon approval and designation of a commodity as a Victory Food Selection, at least two weeks' notice will be given to the trade before the beginning of the period. This will allow time in which merchandising and promotion may be planned and buying accomplished. Public announcement will be made not more than one week in advance of the beginning of the merchandising period. Adverse weather or other conditions which make it difficult for the trade to obtain a reasonable volume for the campaign period will result in cancellation of the drive, with prompt notification to the trade.

Reasons Behind Selections

The designation of Victory Food Selections will be restricted to farm products which have been requested for consideration by producers or their representatives. A very careful analysis of production, distribution and consumption data will be made, with consideration to Government requirements for military, lend-lease and other needs. The product must meet standards of nutrition which will assure its contributing to the well-being of those who use it. The price at which it must sell should be reasonably attractive to consumers. There must be sufficient time before the harvesting peak for cooperating wholesalers and retailers to do their buying and to plan their advertising and promotion. The area of distribution must be large enough to make an effective drive possible and practical, whether it be on a national, regional or area basis.

Assistance of Broadcasters Needed

The program last year received good support from all concerned, and it is believed that the consumers this year will be even more receptive. Radio broadcasters can be of inestimable help in keeping consumers informed of products to be featured, and in suggesting various uses. RADIO ROUND-UP will do its best to keep you posted.

VARIETY MEATS IN WARTIME MEALS

Since point values of all variety meats were recently reduced and point values of many other meats were increased, variety meats become more important than ever. Variety meats may be low in point value but they're high in nutritional value. They are excellent sources of high quality proteins, certain essential minerals such as iron, phosphorus and copper, and vitamins.

Liver is probably the best known of the variety meats. Many people who think that calf liver is superior to other kinds of liver should realize that pork liver is rich in high quality vitamins -- vitamin A, thiamine, riboflavin -- and is also an excellent source of iron. Although all kinds of liver have similar high food value there are different methods of cooking for the different varieties. In general, liver is tender and should be cooked at a low temperature to retain its tenderness and best flavor. Calf or lamb liver can be fried or boiled, while it is best to braise beef or pork liver. If there is any left over, you might grind it and make into bacon-wrapped patties, dumplings, liver loaf, or sandwich spread.

Hearts are muscular organs and need longer cooking than livers. Of all the hearts beef is the largest and requires long slow cooking. They may be cooked in water or braised. Before braising they may be stuffed with a savory bread dressing for additional flavor.

Kidneys are considered a delicacy by many people. Veal, lamb, and pork kidneys are delicious when broiled. Beef kidneys should be cooked in water or braised. Marinating in well seasoned French dressing improves the flavor.

Sweetbreads are quite tender and delicate. If they are to be kept long they should be pre-cooked and kept in the refrigerator until ready for use. If they are to be used immediately, however, they can be either braised or fried.

Tongue is available in several forms. Beef and calf tongue are usually sold fresh, but pork and lamb tongue are usually sold in a ready-to-serve form pickled, corned, or smoked. Fresh tongue should be simmered for about 3 or 4 hours. Prepared tongue may be sliced and served cold, or reheated in a spicy sauce.

Brains, like sweetbreads, are very tender and delicate. They can be pre-cooked and then used later. Scrambled with eggs, diced in omelet, heated in well-seasoned sauce, and in salads are some of the best known ways to serve them.

Although tripe is always partly cooked when you buy it, it still needs additional cooking. Fresh tripe should be simmered for about an hour. Pickled tripe needs to be soaked in water about 15 minutes before cooking. Tripe can be dipped in fritter batter and fried in deep fat, creamed, or used as an ingredient in pepper pot soup.

Oxtails require long slow cooking in moist heat. They may be simmered in water or braised.

A good slogan for you broadcasters to adopt might be "Variety Meats for Variety in Summer Meals".

MORE ABOUT THE BASIC SEVEN

You know about the new grouping of important foods into seven basic groups. We've mentioned the basic seven in ROUND-UP before, of course. We're glad to tell you now that the new poster for use in retail stores is now being printed, and will be ready for distribution about the middle of this month. In order to make these seven food groups easy to remember, a color has been assigned to each, and the design on the poster representing these groups is divided into the seven colors. You broadcasters can do a lot to help homemakers realize the importance of these basic food groups by talking about them often, and by telling them to look for this new poster, with its slogan "U.S. Needs Us Strong - Eat the Basic 7 Every Day".

The following chart will give you the food groupings, with corresponding group numbers and colors:

<u>Number</u>	<u>Color</u>	<u>Foods</u>
One	Green	Green and yellow vegetables
Two	Orange	Oranges, tomatoes, grapefruit
Three	Blue	Potatoes, and other vegetables and fruits
Four	White	Milk and milk products
Five	Red	Meat, poultry, fish or eggs
Six	Brown	Bread, flour and cereals
Seven	Yellow	Butter and fortified margarine

The distribution of the Basic 7 posters will be handled by USDA's regional offices and the state nutrition committees.

SPEAKING OF MEAT

Did You Know That:

The cow, which furnishes one of our most important meats, is considered sacred in India? When a Hindu calls someone a "beef eater", it's an insult.

In certain tribes the nobles and medicine men reserve for themselves such organs as kidneys, livers, hearts, and heads; the steaks and muscle meat of sheep, camel, fish and birds are left for the common people.

The Eskimos live almost entirely on meat, most of which they eat raw? They're particularly fond of the inner organs, such as heart, liver, kidneys and sweet-breads.

The masses of the people in China and Japan seldom, if ever, taste meat? The more prosperous eat fish -- raw, at that. Soybeans and legumes, which are consumed in large quantities, furnish the proteins.

An American aviator, lost in the jungles of Australia, told his rescuers that when he was on the verge of starvation, he ate a grasshopper, and that it tasted like crab meat?

We're not likely to acquire a taste for grasshoppers, but it just shows that we can adapt ourselves to unfamiliar and even unlikely items of diet in case of necessity.

COL. TAYLOR TALKS ABOUT U.S. DIET

You've probably heard rumors and speculations about changes in the food production program and the national diet said to be under consideration by the War Food Administration.

Lt. Col. Jay L. Taylor, Deputy Administrator of WFA, speaking in Chicago on June 8th, made a statement which will be of interest to everyone. Col. Taylor said:

".....I want to bring you assurance direct from Administrator Davis that there is no intent to make drastic cuts in output of animal products and replace them in large part in the American diet with vegetable foods. Here is the situation as we see it today:

"First, for the sake of morale and good nutrition, we want to see the maximum possible amount of meat, milk and eggs in the diet of the American armed forces, civilians, and the Allies to whom we send part of their food supply.

".....The policy, then, boils down to this: Grow all the feed possible in the light of requirements for other farm products; import all the feed possible; waste not a single pound of feed; thus maintain milk, egg and meat production at the highest possible level permitted by our feed supplies. At the same time make sure we have adequate nourishment for all hands by increasing output of vegetable foods for direct consumption....."

You broadcasters can help by giving the correct information in the face of all sorts of rumors. In this particular connection, you can be of the greatest assistance by passing on to your listeners news about the proper use and conservation of every kind of food.

WAR MEAT BOARD SWINGS INTO ACTION

The newly created War Meat Board, established for the purpose of dealing with the numerous and complicated meat supply problems caused by the war, held its first meeting in Chicago on Monday, June 7. Here are the members of the Board:

Harry E. Reed, Chairman, Chief of Livestock and Meats Branch, F.D.A.
W. O. Fraser, Vice-Chairman, Asst. Chief, Livestock and Meats Branch, F.D.A.
Col. Paul P. Logan, Subsistence Branch, Office of the Quartermaster General, representing the Armed Forces.
John P. Madigan, O.P.A., representing Civilian Interests in Meat Rationing.
Wells E. Hunt, O.P.A., representing the O.P.A. in meat pricing.

Industry members of the Board include:

A. L. Scott, Swift & Company, Chicago, Ill.
John Heinz, Heinz Riverside Abattoir, Baltimore, Md.
Gus Robert, Cudahy Packing Company, Chicago, Ill.
Walter A. Netsh, Armour & Company, Chicago, Ill.
George G. Abraham, Abraham Brothers, Memphis, Tenn.
Ralph H. Daigneau, George A. Hormel & Company, Austin, Minn.
Harold H. Meyer, Meyer Packing Company, Cincinnati, Ohio.

The Board's first step was to call for a weekly report on the number and live weight of each species of livestock slaughtered commercially. The report will be collected at regional, state and area levels. This information will aid the Board in directing a fairer week to week distribution of meat supplies into military,

civilian and lend-lease channels.

Three sub-committees of the Cattle and Beef Industry Advisory Committee were named to make recommendations on specific problems at the next meeting of the Board, tentatively scheduled for Tuesday, June 15. The first of these committees is to determine the relationship of the price of live slaughter cattle, by grades, to present wholesale price ceilings on dressed meat. The second committee is to recommend action designed to see that the armed forces get their beef requirements and to recommend any adjustment in existing beef price ceilings which may be necessary to improve any inequality of distribution. The third sub-committee will report on (1) margins required to feed cattle based on present day costs; (2) recommend policies to be followed by the Government to encourage feeding operations without feeding cattle to an excessive finish and through maximum use of pasture and roughage and (3) to recommend action designed to encourage the marketing of cattle.

We thought you broadcasters would like to have this background information on the activities of the new War Meat Board.

PROGRAM NOTES

Lunch Box Lifts

Workers who have to eat a box luncheon every day will appreciate such little lifts as these: A gay and colorful paper napkin, a funny picture or a joke cut from the newspaper or a magazine, a short, short story, or, on a birthday or anniversary, a tiny remembrance of some kind. We think that little things of this kind come under the heading of keeping up morale in wartime.

Get Full Value For Your Points

You know that the butcher can't always cut exactly to the pound when you're purchasing meat, and neither can he give you change of less than one point in red stamps. Therefore, you're sometimes charged a whole point for a fraction of a pound of meat. One way to get your full point value is to buy a few slices of ready-cooked meat to fill out the point. This can be sliced very thin, and used in sandwiches or in hot casserole dishes. You'll find you can often make combination purchases of meat to take full advantage of fractions of points and pounds.

Stretching That Melted Butter

Don't feel you have to stop serving that pitcher of melted butter to go with waffles and pancakes...they're not the same without it. Try this: melt together equal amounts of butter or enriched margarine and strained bacon drippings. The flavor is delicious. You may like it with corn-on-the-cob, too.

Swordfish, Summer Seafood Treat

The Coordinator of Fisheries has just announced that swordfish will come on the market this month and will be available, in fresh form, until cold weather. The boneless steaks are not only delicious, but economical to buy, since there's no waste. Prices will be rather high at the beginning of the season, but will doubtless decline steadily until August, the height of the season.

You might be interested to hear that the chemists of the Fish and Wildlife Service have found swordfish liver oil to be 100 times more potent in vitamin A

than the U.S.P. reference sample of cod-liver oil, and 500 times more potent than the minimum U.S.P. requirement for cod-liver oil. Weight for weight, this gives swordfish liver oil about 25,000 times the vitamin A potency of butter or eggs. Also, it has a high content of vitamin D.

CROP REPORT PRESAGES TIGHTENING OF CIVILIAN FOOD SUPPLIES

Civilians may have to tighten their belts somewhat as a result of the crop prospects as they appeared on June 1. Unfavorable weather conditions in May left prospective crop yields at the lowest level of the past three years. With greater needs in sight, the Government had called for a 7% increase in this year's crops over last, but the best that is hoped for is an output equal to that of 1942. This is largely dependent upon average weather conditions from now on and the ability of farmers to get an adequate supply of labor and materials. The situation has prompted Chester C. Davis, War Food Administrator, to emphasize the necessity of conserving every scrap of food and to waste nothing.

Serious delays due to excessive rainfall and floods were caused in planting several crops, including corn, soybeans and vegetables. For example, in Indiana and Illinois, where rainfall exceeded 8 inches during May, thousands of acres of crop land were flooded and on much of this acreage it is too late to replant with the same crops. Farmers, obviously doing their best under the handicap, will have to plant whatever the lateness of the season permits. In Michigan, where the late spring and persistent rain have delayed work, some grass land which farmers had intended to plow may be left for hay. Throughout the whole wet area plans and prospects vary depending in part on the drainage conditions, on breaks in the weather and on the reserves of power and labor available for the emergency. Farm work is weeks late and there are too many jobs to be done at the same time. As a result, the ordinary operating schedules of individual farmers are badly upset.

One of the few bright spots in the picture, however, is the output of eggs. Production in May was 13% greater than it was a year ago.

AT THE FRESH FOOD MARKETS

Menu planning will be easier for homemakers this week with a wider variety of fruits and vegetables on most markets. Fairly liberal supplies of green beans, carrots, green peas and spinach are offered. Shipments of green beans so far this season are almost 50% larger than a year ago. Carrot supplies are around 25% heavier. Vegetables in lighter supply this year are head lettuce, cabbage and celery. Shipments of tomatoes have been about the same as a year earlier. Good buys in vegetables are locally grown relish items like green onions, radishes and leaf lettuce. The first shipments of home-grown beets, cabbage, turnips, cauliflower and peas are now coming to markets in the southern part of the Great Lakes Region.

Strawberries continue in very light supply despite the fact that May and June are the months when home-grown supplies are usually the heaviest. Shipments of strawberries to market so far this season are only about one-third as large as last season. A number of other fruits are coming from the west and south including apricots, sweet cherries, peaches and plums. But all of these fruits are in light supply and are selling at rather high prices. Supplies of oranges, grapefruit and old crop apples are lighter on most markets. The first home-grown red raspberries and cherries are arriving at the markets in Southern Illinois. Cantaloup and watermelon are more plentiful this week.



A Service --
For Directors of Women's Radio Programs

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JUL 19 1943
U.S. DEPARTMENT OF AGRICULTURE

Radio Round-up

on food...

5 S. Wabash Ave., Chicago 3, Ill.
June 19, 1943 -- No. 54

PROTEIN IN BREAD AND CEREALS

Now that bread and cereal products are forming a larger part of our diets, we are becoming more conscious of their food values. Many people, however, still regard them as only carbohydrate or starch foods, and the fact that they furnish protein is too often over-looked. When they are whole grain, enriched or restored, they also supply minerals and vitamins.

Although it's not very widely realized, six slices of bread furnish approximately 20 grams of protein, about one-third of the daily protein requirement. For instance, if you eat a couple of slices of toast for breakfast, a sandwich for luncheon, and bread pudding for dinner, you will have approximately one-third of your protein requirement for that day. There's one important thing to remember, however -- although cereal products are good sources of protein, they must be supplemented with animal protein, such as that found in dairy products, eggs, meat, poultry, or fish. As a general rule, try to have at least one-third of your protein from these animal sources. The addition of bread or cereals to meat loaves, or to stuffing for roasts, chops and hearts, not only makes the meat go further, but adds calories and protein to that furnished by the meat.

GREEN BEANS GALORE

Broadcasters, tell your listeners to give serious consideration to green beans, snap beans, string beans -- whatever you call them -- during the next few weeks. Reports indicate that production will be considerably heavier than last year, and it is hoped that consumers will make such good use of them that not a pound will go to waste. The eastern and southern states are sending large quantities of beans to market right now, and will be producing more as the season advances. The midwestern states will join the procession in the near future. Then too, increased market garden production and victory gardens will bring about heavy local supplies all over the country.

Suggestions about the food value of green beans, their preparation and service in fresh form, and also about their preservation, should be a tremendous help in bringing about the most effective use of this large crop.

US Department of Agriculture

Food Distribution Administration

RATIONED OR UNRATIONED

Do you have in your files, or pinned up on your office wall, a list of rationed foods and their unrationed alternates, for ready reference? Tell your listeners frequently that they needn't ever run short of ration stamps if they plan their food-shopping wisely. This is the time of year, certainly, when most families should be able to eat well and spend very few ration stamps.

For instance, in place of the rationed fruit juices in cans or jars, fresh oranges, grapefruit, lemons and tangerines can be used -- some of these are available all year around. Don't forget that citrus fruits can be served in several ways, sliced or in sections, or as a salad. And here's a hint about the rind of citrus fruits -- cook it with other foods to give a different flavor -- remove before serving if desired. Or grind and use it in cakes, puddings and other desserts in place of flavoring extracts.

In place of vegetable juices, increased quantities of green vegetables can be served -- green cabbage, spinach and other greens, snap beans, peas and broccoli are a few of them.

Bottled, canned, dried and frozen fruits should be saved for emergencies, or for the time when fewer fresh fruits are available. Fresh fruits and berries in season may be used instead. When making applesauce, quarter and cook the apples with the peeling on and strain them, to get the color of the skin and the full food value. Or, if peeling them is more desirable, save the peels and cores and get the benefit of the pectin in juice for jelly.

As for canned and frozen vegetables -- it's just a matter of using the same or similar fresh vegetables as they are in season. Don't forget that many fresh greens, such as spinach, kale and broccoli, can be served raw, in salads, as well as cooked. And, of course, all vegetables should be cooked in a very small amount of water, never over-cooked. If any vegetable liquor is left after cooking, it should be served with the vegetable, or saved for soup.

Which brings us to a consideration of soups -- in place of the canned varieties, serve home-made soups whenever possible. Soup stock can be made from the bones of meat, removed before the meat is cooked; drippings and scrapings from the broiler and roaster also can be used. The latter can be dissolved with a little water. When making a mixed vegetable soup, it's well to cook the vegetables a short time before combining them with the stock, in order to avoid over-cooking the tender ones. Or they can be added to the soup stock at different times.

Beans can be baked at home to save the use of canned beans or pork and beans. A piece of bacon can be baked with beans if pork is not available, or they can be flavored with a bit of grated onion, or a whole onion baked in the center of the pot.

Home-made pickles and relishes will take the place of rationed chili sauce and catsup. Canned sauerkraut might well be replaced by home-made or bulk sauerkraut, or by fresh cabbage.

Instead of spiced fruits in cans or bottles, fresh apples can be spiced at home. Cook them in a thin sugar and water syrup, adding spices, and perhaps a bit of orange peel, for flavor.

Canned baby food, a great convenience to the busy mother, is not irreplaceable, since fresh vegetables and fruits can be mashed or strained at home. Remember, lots of mothers brought up lots of children without the help of commercially prepared baby foods.

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Doubtless your listeners will have heard or read some of these suggestions, but it does no harm to repeat good ideas occasionally.

FOOD DISTRIBUTION ORDER NO. 28.2

Under this order, effective June 14, all livestock slaughterers operating under Federal inspection are required to set aside 45% of all the steer and heifer beef they produce which meets army specifications. This beef will be available for purchase only by the army, navy, marine corps, coast guard and contract schools feeding military personnel.

Why not tell your listeners that this percentage actually is less than one-third of the entire production of beef, since only 65% to 70% of the beef is produced under Federal inspection.

This order was necessary because the armed forces have had considerable difficulty in recent weeks meeting their requirements for beef. Other meats, such as pork, have been used in place of beef, but have not been found as popular or as satisfactory. There's no getting away from the fact that beef is a fighting food. And we know that nobody wants our fighting men to run short of it.

PUTTING THE SQUEEZE ON

That's what we're doing to a great deal of the dehydrated food now being shipped abroad by the War Food Administration. Dehydration alone means a tremendous saving in shipping and storage space, as you know. Compressing the food goes even further, however. For instance, during May a saving of 20,000 cubic feet of shipping space was made by compressing the dehydrated soup shipped to the allies under Lend-Lease. The compression of dehydrated eggs resulted in a saving of more than 33,000 cubic feet in the same month. And in case you're trying to visualize the space represented by those 33,000 cubic feet, think of it as 20 average size rooms (12 x 14 feet, with 8 foot ceiling), packed from wall to wall and from floor to ceiling.

And how is this compression accomplished? A food press is used to concentrate the food into blocks -- the degree of hardness being determined by the way in which the food reconstitutes after compression. It's possible to press food into bricks literally hard enough to use for building purposes. This food would hardly reconstitute into usable form, however.

Experiments so far have shown that cereal products, cheese, and dehydrated vegetables, fruits, milk and eggs are most adaptable for compression. Large scale activity is expected soon, for Lend-Lease, Red Cross and military use. The Food Distribution Administration is working with the War Department, Agricultural Research Administration, Lend-Lease, and other Government agencies in developing the program.

NEW UNITED PRESS RADIO SERVICE

How do you like the new United Press menu service? It's designed to present timely food information to consumers, with special attention to fresh foods that are on the markets in heaviest supply. This material on food sent out daily by the Radio Section of United Press is prepared by the Washington office of the Food Distribution Administration. FDA regional offices add information of a local nature and the menus. A certain food is featured each day, and the three menus feature that item in the day's meals. We think this is a helpful way to present food tips to your listeners.

PROGRAM NOTES

Why Red Stamps for Canned Milk

If you've heard inquiries, as we have, as to why the rationing of canned milk has been made a part of the meat and fats rationing program, here's the answer. Canned milk supplies both animal proteins and animal fats. Also, the babies and invalids to whom canned milk is a real necessity are not large consumers of meat, and therefore have more red stamps available for milk.

The Importance of Breakfast

It's pretty generally agreed that a good breakfast is the proper start for a working day. Here's more ammunition for that argument, in case you need it. A survey of the breakfast habits of war plant workers shows that when they omit breakfast, production begins at a low point the first hour in the morning, and there is a sharp decline in efficiency during the forenoon. Then, immediately after lunch, a much higher level of productivity is attained, but there's a sharp decline again during the afternoon. When breakfast is included in the day's meals, the chief improvement in production is during the morning hours. It's interesting to note, however, that when mid-morning and mid-afternoon orange or grapefruit juice or tomato juice is taken, or milk and sandwiches, production reaches a higher and more uniform rate throughout the day.

You might point out that a lot of war work is being done in offices, stores and other places -- including the home -- and that a good breakfast will start any worker off on the right foot.

A Bouquet for Substitutes

The Office of War Information has just issued two releases on simplifications and substitutions in consumer goods, which you may have read. One statement made in the second of these releases struck us as being particularly interesting, and we're calling your attention to it.

"Substitution, a word once carrying the stigma of 'something not as good as the original', stands today in the role of a hero to the American household. For to it can be credited a large part of the reason why the household continues to function efficiently and pleasurably in the face of increasing demands on the country's raw materials."

We know there's a general prejudice against the word "substitute" in connection with food, and you broadcasters who are home economists and nutritionists probably won't adopt it forthwith. We thought all of you might like to consider it from another point of view, however.

FOOD ORDERS AMENDED

Bread

Revisions which tighten restrictions against "consignment selling" of bakery products, remove minimum milk requirements in white pan bread formulas, set higher maximums for sugars and shortening, and otherwise change the bakery industry food order, have been announced by the War Food Administration. Amendment No. 4 to Food Distribution Order No. 1, effective July 1, changes the order's major provision which prohibits "consignment selling", of bakery products. The change makes the

grocer or dealer equally responsible with the baker for this practice.

Under the revised white bread formula provision, bakers may increase the sugar maximum to 6 parts of sugar instead of 4, and the shortening maximum to 3 parts instead of 2. It requires, however, that fats and oils in the shortening extenders, substitutes or other ingredients used, be considered a part of the maximum shortening allowed.

Enrichment of all white bread is still required. The amendment, however, removes the provision under which bakers were required to use a minimum of 3 parts of milk solids or skim milk in each 100 parts of flour in white pan bread formulas. It retains the maximum which requires that no more than 4 parts be used.

The amendment also requires that bakers who sell bread regularly sliced, sliced in special thickness, or unsliced, must consider each as a separate "variety".

Restrictions concerning bread wrappings have been modified to permit the use of a lightweight inner wrapping of wax paper for loaves baked in pans at least 13 inches long.

Tea

Orders governing the wartime distribution of tea were amended late last week and re-issued by the War Food Administration. A number of changes were made in procedures, but the current quotas of tea packers and wholesale receivers -- the two distribution groups most directly affected -- were not changed.

Among the new provisions is a requirement that packers and wholesale receivers who desire quota-exempt tea for governmental agencies, as defined in the order, must certify to suppliers the name of the governmental agency to which such tea is supplied and the quantity and date of each delivery.

The number of organizations to which quota-exempt tea could be delivered under the previous orders has been reduced.

For hotels, restaurants and the institutional trade, tea bags and balls may now be packed at the rate of 250 as well as 200 to the pound. Packaging for retail sales remains at 200 to the pound only. The packaging of tea in containers holding more than one-half pound of tea is prohibited.

AT THE FRESH FOOD MARKETS

Supplies of cabbage are increasing with larger shipments from growing sections near the midwest, but prices are only slightly below ceilings where they have been for several weeks. Fairly liberal supplies of other more or less staple items like carrots and green beans are available in most markets. More home-grown vegetables are arriving in several markets, especially radishes, green onions, leaf lettuce, beets and greens such as spinach, turnip tops, kale and mustard. The first outdoor grown cucumbers from the midwest appeared on markets late last week. Dry onions are generally scarce. The early harvest in Southern Texas is over and it will be some time before sizable quantities arrive from other producing areas near the midwest. Red potatoes will not be so plentiful in some areas this week, but larger supplies of cobbles from the Carolinas will generally be available. The cobbler, you know, is a round white potato.

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We are about at the peak of the season for home-grown strawberries. Strawberries in some areas in Michigan will be in sufficient supply for canning this week. Rhubarb is generally available, and the first new Transparent apples from Southern Illinois are now coming on midwestern markets. We have a number of other fruits, including blueberries, raspberries, dewberries, plums, cherries and apricots, but most of them are in rather light supply and practically all of them are selling at the highest prices in recent years. More cantaloups and watermelons are offered but prices of these are much higher than a year ago.

Some of you may have noticed more beef on the market last week. Packers reduced their inventories sharply before the roll-back on wholesale prices early last week and this resulted in slightly more beef in retail stores in some areas. Livestock receipts at most markets last week, however, were lighter, except for hogs, and meat supplies may not be as heavy this week as last. Generally speaking, pork will be in heavier supply than other classes. Poultry continues in light supply in most areas but receipts are increasing.

Fish isn't rationed and some of the more popular varieties on the midwestern markets now are blue pike, yellow perch and trout. Halibut is the salt water fish in heaviest supply.

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JUL 3 - 1943
U.S. DEPARTMENT OF AGRICULTURE



Radio Round-up

on food...

A Service --
For Directors of Women's Radio Programs

9 S. Wabash Ave., Chicago 3,
Ill., June 26, 1943 - No. 55

FISH...IMPORTANT PROTEIN FOOD

In pre-war times, Friday was traditionally fish-day. Now, under wartime meat rationing, the demand for fish is so great that every day might be fish-day. Women have learned that the protein content of fish makes it a satisfactory alternate to meat...and fish makes the ration coupons go farther. Halibut, for instance, contains nearly as much protein as lean beef, and it doesn't cost a single red stamp! According to Mr. William Boeg, FDA Regional Nutrition-in-Industry Representative, "Under the present rationing of meat proteins, and in view of food needs of armed forces of the United States now and in future campaigns, civilians can further aid the war effort by adjusting their eating habits to available supplies of other protein foods." And that includes fish, of course.

Although the amount of fresh fish available to civilians is expected to be nearly the same as last year, the amount of canned fish probably will not be more than half of normal, due to government requirements. Even though the bulk of fish production has been kept within our own borders for civilian feeding, substantial purchases have been made for the armed forces, so it's clear that fish is playing an important role in the war.

The production of fresh fish and shellfish has declined in certain areas, but it has been maintained at the pre-war level in most localities. You might well advise listeners to use all the fish that's available in their particular area, as this will help to save labor and transportation costs. Give them information about all available varieties of fish...the less-known as well as the familiar kinds. Suggested ways of preparation will help to guard against any possible waste. Remember, we're fighting a war against waste as well as one against the Axis.

WHAT'S IN GREEN BEANS?

Apropos of last week's story about green beans coming into heavy supply all over the country, why don't you remind your listeners that they can get more servings out of a pound of snap beans than from any other green vegetable. Aside from the fact that they taste just fine, green beans are rich in food value, too. They supply the ABC's of vitamins, and we mean that literally...as well as protein, iron, phosphorus and calcium. It's a smart meal-planner who snaps up the snap beans, serves 'em often, and gains a good many for next winter.

US Department of Agriculture
Food Distribution Administration

ENRICHED IS THE WORD FOR IT

Tell your listeners to look for the word "enriched" when they're buying flour. The importance of enriched bakery products is indicated by the government's provision in the bread-order that all white bread must be enriched. The bread, biscuits, and other things baked at home, however, may fall short of the proper nutritional standards if enriched flour is not used in their preparation. Some flour millers are still making un-enriched flour...about 25% of the flour on the market is not enriched...and since this plain flour costs a few pennies less than the other it's likely to be more attractive to the lower-income families. It's rather ironic that those who have less money to spend should be thus penalized nutritionally.

If all consumers are made to realize the value of enriched flour, so that they demand it when they're marketing, there will be little incentive for millers to continue turning out even a small proportion of un-enriched flour. Reference to the question and answer story on enriched bread and flour in RADIO ROUND-UP for May 29th will give you plenty of ammunition.

MAKE THE MOST OF MILK

Watch for developments in the milk situation...in many sections of the country something must be done to reconcile the supply and demand, which are far from equal, as you know. T. G. Stitts, Chief of the War Food Administration's Dairy and Poultry Branch, pointed this out when he spoke early in the month at an 8-state dairy conference in California. He stated that fluid milk consumption is at an all-time high, and outlined several methods by which consumption might be controlled, namely: by restricting transportation; by eliminating cream and its by-products; by rationing on a coupon basis; by allocating milk to dealers or to markets.

Don't ever forget the importance of milk and dairy products as fighting foods... say everything you can to impress upon your listeners the necessity for their careful use and conservation.

A HINT ABOUT HONEY

Here's a suggestion about the use of honey in home-canning, from a honey expert of the War Food Administration. As you know, honey is one of the sugar-stretchers recommended. Be sure to get a mild-flavored honey, however, or it may change the flavor of the fruit you're preserving. In fact, it's a good idea to experiment with a small quantity of fruit first, and find out the family's reaction. Certain fruits, such as peaches and plums, acquire a different taste when they're preserved with a honey sirup. It's also been noted that strawberries lose some of their bright red color when honey is used in preserving. Experiment with the proportions of honey and sugar to be used in the sirup, too...up to 50% honey will be found satisfactory. These are the days when the homemaker must be prepared for a bit of adventuring in her own kitchen...the honey-trail should be a pleasant one to follow!

CANNING THE VICTORY CROP

And speaking of canning, watch for showings in your vicinity of the interesting movie "Canning the Victory Crop", a full-color sound-film which demonstrates the canning methods approved by home economists of the War Food Administration. Most of the picture was filmed in the Good Housekeeping Kitchens, and the commentary is by Frank Singiser, well-known news commentator. The audience which saw the preview in Washington was much impressed and it is believed that various groups all over the country will find it helpful. It is being offered to department stores, industrial concerns, public utilities, victory garden clubs, women's clubs, canning schools and other organized adult groups. The film does not contain advertising material of any sort.

PROMOTE POTATOES PLENTY

The potato famine is definitely over...reports from all parts of the country indicate that the situation is completely reversed and we now have plenty of potatoes...more than enough if we don't use them up promptly. Hunt up all the potato recipes you can find, and suggest as many uses as possible to your listeners...let's not waste a single potato. They can't be canned at home satisfactorily, you know, and this is not the right time of year to store them. Therefore, it's a matter of eating them to save them.

Right now potatoes are going into markets all over the country, from North Carolina, Virginia, Oklahoma, Arkansas, Missouri, Kansas and California. Plenty more will soon be harvested from victory gardens...so...let's promote potatoes!

RED STAMPS EXPIRING

Note that five series of red stamps expire at the end of June...not four as recently announced. Stamps J, K, L, M, and N for the purchase of meats, fats, oils and cheese expire on Wednesday, June 30th. Stamp P, valid on June 27th, will remain usable throughout the month of July. Note: There is no Stamp O because of possible confusion with the cipher.

THE "TURNOVER" IN EVAPORATED MILK

Do you know why it's necessary to turn over the cans of evaporated milk being held in storage every few weeks? There's a very good reason, and the same procedure should be followed with evaporated milk which people may have on hand at home, provided the cans are not opened and used fairly rapidly. Evaporated milk has more than twice as much butter-fat (cream) as ordinary whole milk. In the manufacturing process, the fat has been homogenized, but if the milk is stored at summer temperature for six or eight weeks, the cream begins to rise to the top. Eventually, unless it's shaken back, this creamy layer becomes firm, and can't be broken up, even when the can is shaken vigorously.

There's a second reason for turning over the cans of milk. Cow's milk is high in lime salts, and after it has been concentrated, there's a tendency for these salts to separate on the bottom or sides of the container. Higher temperatures also encourage this mineral salt separation.

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Storage Temperatures

Storage temperatures between 35 and 60 degrees Fahrenheit are best. If the milk is to be kept for longer than two months, however, it should be stored at temperatures of from 32 to 45 degrees. Evaporated milk should not be allowed to freeze, of course. If it has been frozen over an extended period, there may be a roughness of texture or a curdled appearance. No change will result from freezing which is harmful to health, however. Another thing...it may be found that after long storage, say ten months or more, the color will become darker.

Now that red stamps are required in exchange for canned milk, it's well to advise listeners of the proper care of this important food.

AT THE FRESH FOOD MARKETS

Remind homemakers that it is easier now to do their fresh food shopping, with the increasing variety of homegrown fruits and vegetables on the market. There are several items they can now include on their shopping list which were only among the "shipped ins" a few weeks ago and out of reach of most low cost budgets. Cauliflower is an example -- it's coming now from Southern Illinois and although there is no large quantity of it, it is rather reasonable. Cabbage is available in moderate to heavy supply throughout the region and is now selling substantially below ceiling prices. For that cooling summer salad, there's oodles of radishes and green onions. And don't forget to tell your homemakers about the large amount of leaf lettuce that's available at especially low prices throughout the Great Lakes Region. Squash is an excellent summer vegetable which is coming from Ohio. Both the white and the yellow squash are on the markets. Greens like spinach, turnip tops and mustard are top vitamin items and they'll be found in plentiful supplies generally right now. Asparagus is still in fairly good supply in some areas and you might advise listeners to consider canning some before the season's over. Although there is a wide variety of homegrown vegetables, tell homemakers not to overlook the large supplies of carrots from Texas, California and Arizona. They're still among the best buys on the market right now. And snap beans too...there are plenty of these from southern growing districts.

Potatoes, as we told you on Page 3, will be plentiful during coming months. In fact, supplies are heavier right now. Potato salad and cold cuts are an ideal combination for a summer evening meal.

In the homegrown fruit line, Illinois peaches are here. There's no liberal quantity of them, however, and the quality is only ordinary to fair. Strawberries in some areas of Michigan and Wisconsin are in sufficient supply this week for canning. Cantaloups are the best buy in melons. The quality of both this year's crop of cantaloups as well as watermelons is excellent.

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